WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

JANUARY/FEBRUARY 2018

Let's Do This!

6 SMALL CHANGES TO MAKE 2018 YOUR BEST YEAR YET

Grab a Pot

It's Soup Season!

\+

DELICIOUS WAYS TO FIGHT FOOD WASTE

starting with these chicken & collard green spring rolls

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Let's Do This!
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By Kathy Gunst

COVER PHOTO: RYAN LIEBE. STYLING: REBECCA JURKEVICH (FOOD); PAIGE HICKS (PROPS). RECIPE: PAGE 67

PHOTO KARLA CONRAD

SPOTLIGHT ON... chia seeds

The tiny seed that's getting tons of attention.

ORIGINS

Chia seeds have sprouted to superstar status, yet they've been around for hundreds of years. The Aztecs prized chia seeds for their medicinal and nutritional purposes. Today, the chia craze has gone global and cultivation has expanded beyond Central and South America. In fact, farms in the United States began growing chia as recently as 2014.

NUTRITION PROFILE

Whether you are adding them to your favorite smoothie or snack, chia is a great way to boost nutritional value. Chia packs more alpha-linoleic acid, an omega-3 fat, than flaxseed, and provides fiber and antioxidants. Preliminary research has credited the mighty seed with helping to reduce inflammation, stabilize blood sugar levels, and tame hunger. Even better, new and delicious products, like **Del Monte® Fruit & Chia™** are making it even easier to incorporate chia into your diet.

PRODUCT SPOTLIGHT

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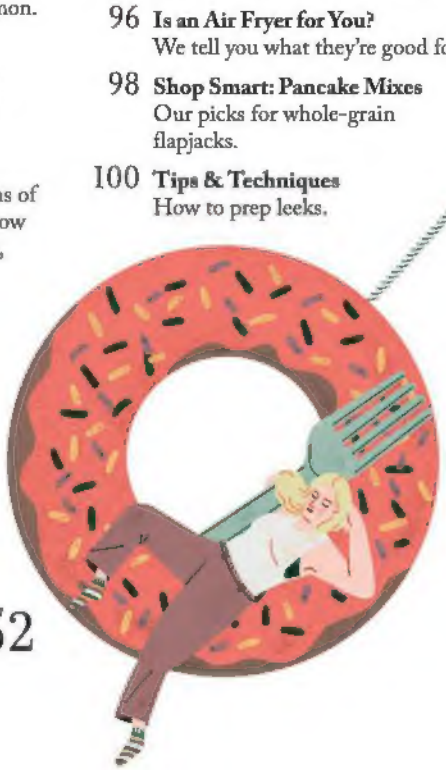

BLAINE MOATS (4); DAVID LEWINSKI; JACOB KATZ
ILLUSTRATION BY JEANINE PHAN

Walnut Raspberry Salad
with Raspberry Vinaigrette

California Walnuts

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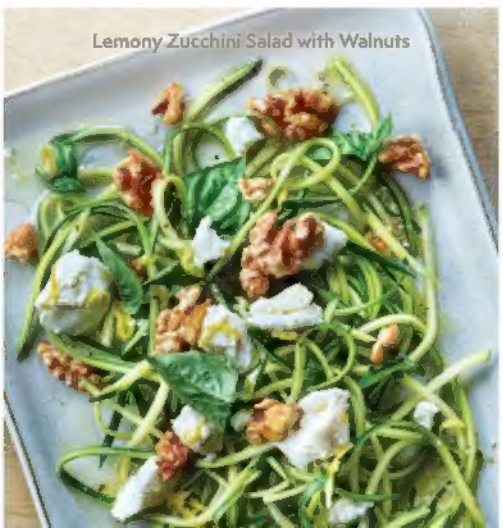
Per one ounce serving.

*Heart-Check food certification does not apply to recipes unless expressly stated. See heartcheckmark.org/guidelines. Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3.

Romaine Salad with Walnuts and Beets

Lemony Zucchini Salad with Walnuts



Kale, Apple, Pancetta and Walnut Salad

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The Trouble with Science

Back in the 1990s, a few years after the first issue of *EatingWell* was published, I embarked on the one and only diet of my life. My sister Katie, who was somewhat of an expert on dieting, recommended a book to me, *The T Factor Fat Gram Counter*. I bought it, wrote down everything I ate and tallied up the calories and fat each day. This was the good ol' days of low-fat. (Turn to page 8 for some of your answers to the question "What's the craziest weight-loss fad you've ever tried?") My diet lasted two weeks. The weight loss: not memorable.

It's notoriously hard to study nutrition and compared to medicine, which dates back to prehistoric times, it's a relatively young field. The calorie was first defined in the late 1800s. So I suppose it's no surprise that in just the 27 years that this magazine has been around, we've seen such a sea change in our beliefs about healthy food. *EatingWell* provided plenty of fodder for low-fat devotees in the '90s. But the science has been updated and our approach has followed. We no longer advocate fat phobia. And there continue to be other shifts in food. People want to know way more than just what the nutrition facts panel has to report. How food is raised, its safety, its impact on farm workers, animals and the planet are all part of the conversation. And here, just as with nutrition, our understanding is evolving.

On page 84 we have a doozy of a story on a man who is upending the idea that we need to eat less meat because it's bad for the environment. Allan Savory is leading the next wave of greener meat production known as regenerative agriculture. Savory's ideas are controversial—he doesn't just talk about a better way to raise meat, he advocates eating and raising more meat as a way to restore land and ultimately reverse climate change. Too good to be true? What about all the research that's gone into establishing the idea that meat has a huge carbon footprint? Haven't really smart folks studied this? Well, this is just the sort of juicy debate I love! Read the story and let me know what you think. (Email me at editor@eatingwell.com.)

We are entering The Season of Dieting and Resolutions, when advice will be coming at you from all directions: "Drop 10 pounds in 2 weeks." "Discover the Secret to Living to 100." Given the shifting nature of what we know to be "true" about food and nutrition, our approach is decidedly conservative. We asked six of our advisory board members, top experts in fields including heart health, weight loss and preventive medicine, to recommend one small change to help us be healthier. Their answers (on page 55) are things like practice moderation, eat more vegetables and exercise regularly. Hardly flashy. But also hard to argue with.

To your health!

Jessie

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THE EATINGWELL Q&A

The Gold Medal Diet

Team USA alpine skier and Olympic gold medalist **Mikaela Shiffrin** breaks from 2018 Winter Olympics training to talk mac & cheese and your food questions

How many calories do you aim for each day and what foods do you focus on?
I usually try to eat 3,000 calories. Carbs are an essential part of my meals—I can't survive without them, especially on race days, which can last 12 hours.

What's a typical day of eating like?
Breakfast is two eggs and two pieces of toast. Or sometimes cereal (or oatmeal) and fruit. Lunch is chicken or fish, plus salad and a carb, like pasta. Dinner looks a lot like lunch for me: chicken or steak, pasta, and salad or some other vegetables.

What are your favorite snacks to pack for a day on the mountain?
I love to bring a mix of nuts and seeds—they fill me up and are easy to carry around. Dried mangoes are always a good bet too.

On a scale of 1 (hate) to 10 (love), where is cooking?
I'd say 7, when I have the time. My mom and I love cooking together. And I make a mean mac & cheese!

Do you eat dessert every single day?
I try not to! But I really like dessert. One of my favorite things is to have something sweet at the end of dinner, like dark chocolate–covered berries.

What are you excited to eat in PyeongChang, South Korea, during the Winter Olympics [Feb. 9–25]?
I'm hoping to leave the Olympic Village (at least a little bit) and explore the local culture and food. I'd love to try authentic bulgogi [Korean grilled beef].

THE BIG FACEBOOK QUESTION

What's the craziest weight-loss fad you've ever tried?

The tuna fish diet. Nothing but canned tuna, all you can eat.
—Barbara Bell Adam

The 3-or-5-day **cabbage soup diet** in the '90s.
—Jill Webber

The all-protein diet. Lost 25 pounds. The minute I ate bread, I gained it back.
—Nancy Caballero

A co-worker of mine did a **nuts and protein-drinks only diet**. She fainted (we found her under her desk).
—Ligeia Mancilla

Apple diet. Only apples. The 8 pounds lost in a week came back the first day off the diet.
—Carol McRae

Lemon juice, water and maple syrup liquid diet. Extreme migraines. Lost 20 pounds. Then gained the weight back and some.
—Muriel Curry

TRENDING NOW eatingwell.com

1 A HEALTHIER GAME DAY
Freshen up your Super Bowl party spread with our creative and delicious homemade veggie apps. Cauliflower Nachos for the win!
EatingWell.com/GameDay

2 EAT MORE VEG!
This January, we challenge you to eat more veggies. Start with our carb-swap recipes like Tomato Bun Tuna Melts and Cucumber Turkey Subs.
EatingWell.com/EatMoreVeg

3 MEAL-PREP GOALS
Make life easier during the week and master the art of #SundayMealPrep with our Freezer Smoothie Packs and Slow-Cooker Soup Kits.
EatingWell.com/MealPrepGoals

GET OUR healthy weight-loss meal plans at EatingWell.com/JanuaryJumpstart

CONNECT WITH US:

TOP: GERA BOTTOM: SCOTT MORGAN; ILLUSTRATION BY VAL MAYEROVICH

"The broccoli cheddar soup you love now has a nutritious twist."

-Oprah

O THAT'S GOOD!

INTRODUCING O, THAT'S GOOD!

Broccoli Cheddar with a twist of butternut squash

Butternut Squash with a twist of carrots & sweet potato

Baked Potato with a twist of cauliflower

Tomato Basil with a twist of celery & carrots

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Look for them in the refrigerated section

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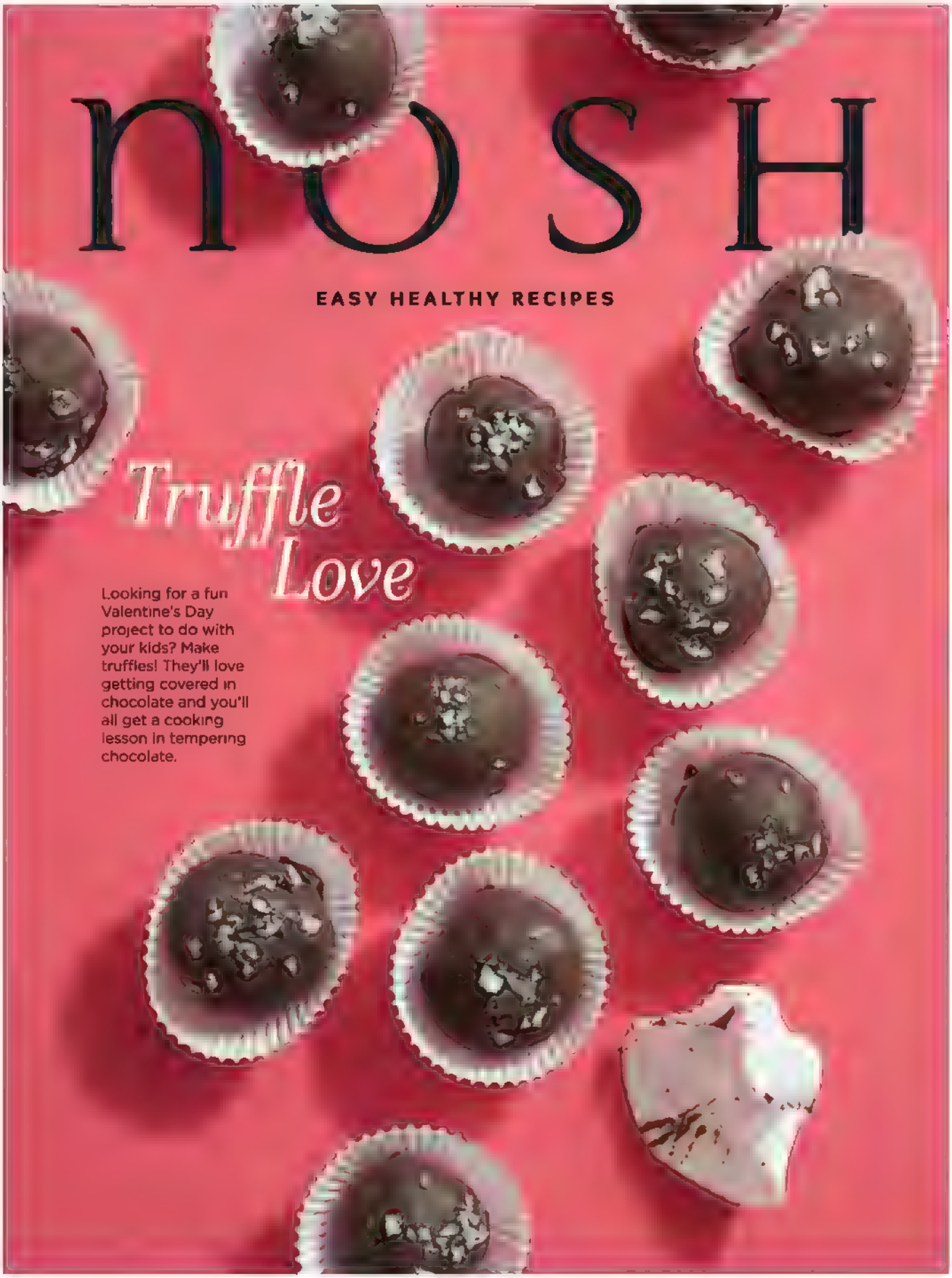
EASY HEALTHY RECIPES



Truffle Love

Looking for a fun Valentine's Day project to do with your kids? Make truffles! They'll love getting covered in chocolate and you'll all get a cooking lesson in tempering chocolate.

DYLAN GRIFFIN

By JOY HOWARD

Lesson: Tempering Chocolate

Sounds like a tricky technique but it couldn't be simpler. Get those little hands in there!

WHAT IT IS
Tempering is the process of melting, cooling, then reheating chocolate, so that it makes a satisfying *snap!* when you break into it and has a glossy sheen.

WHY IT WORKS
The cocoa fat in chocolate hardens into crystals of different shapes depending on the kind of chocolate and how it's melted and cooled. The tempering process encourages the most uniform and stable crystals—beta crystals—to form. They fit together like a brick wall, making the chocolate hard and smooth.

HOW IT WORKS
First you gently heat the chocolate so all the different crystals melt. (Go too hot—above 118°F—and the chocolate will permanently separate!) Next, stir a portion of unmelted chocolate into the melted portion to cool the mixture back down so crystals start to reform. Then bring the temperature to the "sweet zone" of 88-90°F (for dark chocolate) and the beta crystals will take over. Voilà!

Chocolate-Peanut Butter Truffles

ACTIVE: 1 hr **TOTAL:** 2½ hrs (including 1½ hrs chilling time) **TO MAKE AHEAD:** Store at room temperature for up to 4 days.

To temper properly, you will make more chocolate coating than you need. Spread the extra on a parchment-lined baking sheet and sprinkle with toasted nuts or dried fruit

GANACHE

- **1 cup finely chopped dark chocolate *or* chocolate chips (53-60% cocoa; about 6 ounces)**
- **¾ cup coconut milk**
- **6 tablespoons powdered peanut butter, sifted**

COATING

- **2½ cups finely chopped dark chocolate *or* chocolate chips (53-60% cocoa; about 1 pound), divided**
- **Flaky salt for garnish**

1. To prepare ganache: Place 1 cup chocolate in a medium bowl. Heat coconut milk in a small saucepan over medium heat until it begins to bubble around the edges. Pour it over the chocolate and let stand until the chocolate is slightly melted, 3 to 4 minutes. Stir until smooth. Add peanut butter powder, 2 tablespoons at a time, stirring until fully incorporated after each addition before adding more. Tap the bowl on the counter to smooth the top. Cover and refrigerate until set, about 1½ hours.

2. Line a rimmed baking sheet with parchment paper. Remove the ganache from the refrigerator and let stand for 10 minutes. Shape into 18 balls, using about 1 tablespoon for each. Place on the prepared baking sheet and refrigerate while you make the coating.

3. To prepare coating: Put about 2 inches of water in the bottom of a double boiler *(see Tip, page 100)* and bring to a boil. Remove from heat. Put 2 cups chocolate in the top of the double boiler and place it over the bottom. Clip an instant-read thermometer to the top pan, touching the chocolate but not the bottom of the pan. Use a spatula to stir the chocolate until it's melted. Do not let the temperature exceed 118°F. Remove the top pan and add ¼ cup chocolate. Stir until melted. Add the remaining ¼ cup chocolate and stir until melted and the chocolate is 81°.

4. To coat truffles: Set the top pan back over the bottom and let the chocolate warm up to 88°, stirring constantly. Remove the top pan. Using 2 forks, dip each ganache ball in the chocolate, letting excess fall back into the pan, and place the truffle back on the parchment. Sprinkle with salt, if using. The chocolate should maintain a temperature of 88° as you work. If it cools, warm it up over the bottom pan, making sure not to let it exceed 90° or cool below 84°.

MAKES: 18 truffles

CAL 151 / **FAT** 12G (SAT 8G) / **CHOL** 4MG / **CARBS** 15G / **TOTAL SUGARS** 10G (ADDED 9G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 17MG / **POTASSIUM** 21MG

DIY CHOCOLATE TREATS Find more recipes to make your own box of chocolates at eatingwell.com/weblink

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Spinach & Egg
½ cup cooked baby spinach + 1 large cooked egg + ½ tsp. sliced chives + ½ tsp. hot sauce
Apple & Smoked Gouda
2 Tbsp. shredded smoked Gouda + 4 apple slices + 1 tsp. toasted coconut + ¼ tsp. maple syrup + ¼ tsp. flaky sea salt
Chocolate & Banana
1 Tbsp. chocolate-hazelnut spread + 2 banana slices + 1 tsp. crispy brown rice cereal

The Toast with the Most

Supercharge your morning routine and sub a slice of sweet potato for bread. (Yes, it cooks in the toaster!) You'll get a similar amount of satisfying fiber for half the calories, plus more than 100% of the daily value of vitamin A. Healthy fats in the toppings help your body absorb this vision- and immune-boosting nutrient.

Start with the most uniformly shaped sweet potato you can find—and make it a big one. Cut ¼-inch-thick slices from the center to get pieces with the most surface area for your toppings. Toast until tender and starting to brown, 12 to 15 minutes.

Radish & Goat Cheese
1 Tbsp. herbed soft goat cheese · sliced radish · 2 tsp. microgreens · ¼ tsp. lemon zest

Raspberry & Cream Cheese
½ Tbsp. reduced-fat cream cheese · 1½ tsp. mashed thawed frozen raspberries · 2 tsp. toasted chopped hazelnuts · 1 tsp. honey

Tuna & Avocado
¼ ripe avocado (mashed) · 1 Tbsp. julienned carrot · 1 tsp. chopped pickled ginger · 1 Tbsp. oil-packed tuna · ½ tsp. slivered nori · ½ tsp. toasted sesame seeds

Active: 10 min **Total:** 20 min
Serves 1: 1 toast
Nutrition Info: Page 102

GET TOASTED Find more ways to top your toast at eatingwell.com/webextra

TRY THIS TINY PASTA
Find Israeli couscous, sometimes called pearl couscous, near other pasta or couscous. Whole-wheat varieties are worth tracking down for their nuttier flavor and fiber boost (5g vs 0g per serving).

Salmon with Fennel & Sun-Dried Tomato Couscous

ACTIVE 30 min **TOTAL** 40 min

Sun-dried tomato pesto and lemon do double duty to season both the salmon and the couscous in this one-pan supper.

- 1 lemon
- 1¼ pounds salmon *(see Tip, page 100)*, skinned and cut into 4 portions
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 tablespoons sun-dried tomato pesto, divided
- 2 tablespoons extra-virgin olive oil, divided
- 2 medium fennel bulbs, cut into ½-inch wedges; fronds reserved
- 1 cup Israeli couscous, preferably whole-wheat
- 3 scallions, sliced
- 1½ cups low-sodium chicken broth
- ¼ cup sliced green olives
- 2 tablespoons toasted pine nuts
- 2 cloves garlic, sliced

1. Zest lemon and reserve the zest. Cut the lemon into 8 slices. Season salmon with salt and pepper and spread 1½ teaspoons pesto on each piece.
2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add half the fennel; cook until brown on the bottom, 2 to 3 minutes. Transfer to a plate. Reduce heat to medium and repeat with the remaining 1 tablespoon oil and fennel. Transfer to the plate. Add couscous and scallions to the pan; cook, stirring frequently, until the couscous is lightly toasted, 1 to 2 minutes. Stir in broth, olives, pine nuts, garlic, the reserved lemon zest and the remaining 2 tablespoons pesto.
3. Nestle the fennel and salmon into the couscous. Top the salmon with the lemon slices. Reduce heat to medium-low, cover and cook until the salmon is cooked through and the couscous is tender, 10 to 14 minutes. Garnish with fennel fronds, if desired.

SERVES 4: 4 oz. salmon & 1¼ cups couscous each
CAL 543 / **FAT** 24G (SAT 4G) / **CHOL** 67MG / **CARBS** 46G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 38G / **FIBER** 8G / **SODIUM** 441MG / **POTASSIUM** 1,161MG.

HOT SKILLET Get more skillet suppers at eatingwell.com/webextra

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BERRY GOOD
Research shows eating cranberries is good for gut health and may help regulate blood sugar.

Cranberry-Balsamic Chicken Thighs

ACTIVE: 15 min **TOTAL:** 25 min

To round out dinner, put some farro on to cook before you start the chicken, steam broccoli while the chicken simmers and uncork a bottle of pinot noir

- **4 bone-in chicken thighs (about 1½ pounds)**
- **1½ cups cranberries, thawed if frozen**
- **¼ cup balsamic vinegar**
- **2 tablespoons honey**
- **1 teaspoon chopped fresh thyme, plus more for garnish**

1. Sprinkle chicken with ¼ teaspoon each salt and pepper. Heat 1 tablespoon extra-virgin olive oil in a large skillet over medium-high heat. Add the chicken, skin-side down, reduce heat to medium and cook, undisturbed, until golden brown, about 7 minutes. Remove all but 1 tablespoon fat from the pan.

2. Turn the chicken over and add cranberries, vinegar, honey and thyme to the pan. Bring to a simmer over high heat, then reduce heat to maintain a simmer. Partially cover and cook, stirring occasionally, until an instant-read thermometer inserted in the thickest part without touching bone reaches 165°F, 10 to 12 minutes.

3. Transfer the chicken to a serving platter. Increase heat to high, add ¼ teaspoon salt and cook uncovered, stirring, until the sauce is thickened, about 1 minute. Serve the chicken with the sauce.

SERVES 4: 1 thigh & 3 Tbsp. sauce each

CAL 317 / **FAT** 18G (SAT 4G) / **CHOL** 80MG / **CARBS** 16G / **TOTAL SUGARS** 13G (ADDED 9G) / **PROTEIN** 23G / **FIBER** 1G / **SODIUM** 364MG / **POTASSIUM** 219MG

TOP FIVE Find our best 5-ingredient dinner recipes at eatingwell.com/webextra

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Spaghetti Squash with Dukkah

ACTIVE: 20 min **TOTAL:** 1 hr

Dukkah (pronounced dOO-kah) is an Egyptian spice blend that's made of pulverized toasted nuts and crushed sesame coriander and cumin seeds. Look for it online, at well-stocked stores or find a recipe at eatingwell.com

- **1 large spaghetti squash (about 3½ pounds), halved lengthwise and seeded**
- **3 tablespoons extra-virgin olive oil, divided**
- **¼ teaspoon salt**
- **⅛ teaspoon ground pepper**
- **4 cloves garlic**
- **½ cup water**
- **⅔ cup dukkah, divided**
- **2 tablespoons chopped fresh cilantro**

1. Preheat oven to 425°F.

2. Drizzle each squash half with 1 tablespoon oil and sprinkle with salt and pepper. Place the squash cut-side down on a rimmed baking sheet and tuck 2 garlic cloves under each half. Add water to the pan. Roast until the squash is tender, about 30 minutes.

3. Turn the squash cut-side up and gently smear with the softened garlic. Let cool for 10 minutes. Using a fork, scrape the flesh into a large bowl. Toss with ½ cup dukkah and the remaining 1 tablespoon oil. Serve topped with the remaining dukkah and cilantro.

SERVES 6: ¾ cup each

CAL 197 / **FAT** 14G (SAT 2G) / **CHOL** 0MG / **CARBS** 17G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 139MG / **POTASSIUM** 362MG.

Roasted Escarole with Almond Breadcrumbs

ACTIVE: 20 min **TOTAL:** 20 min

TO MAKE AHEAD: Store almond breadcrumbs (Steps 1-2) at room temperature for up to 3 days.

Do yourself a favor and make a double batch of the nutty breadcrumbs. You're going to want to sprinkle them on everything.

- **½ cup whole almonds**
- **1 lemon**
- **3 tablespoons extra-virgin olive oil, divided**
- **1 clove garlic, grated**
- **½ teaspoon salt, divided**
- **1 large head escarole (about 1½ pounds), leaves separated**
- **2 teaspoons balsamic vinegar**
- **2 teaspoons sherry vinegar**

1. Position racks in upper and lower thirds of oven; preheat to 450°F.

2. Place almonds in a food processor and pulse until coarse crumbs form. Zest and juice lemon. Heat 1 tablespoon oil in a medium skillet over medium-high heat; add the almonds, garlic and ¼ teaspoon salt. Cook, stirring frequently, until starting to brown, 1 to 3 minutes. Remove from heat, stir in 1 tablespoon lemon zest and spread on a plate to cool.

3. Toss escarole in a large bowl with 1 tablespoon lemon juice and the remaining 2 tablespoons oil and ¼ teaspoon salt. Divide evenly between 2 rimmed baking sheets. Roast until wilted and lightly browned in spots, about 5 minutes.

4. Transfer the escarole to a serving platter. Whisk balsamic and sherry vinegars in a small bowl and drizzle over the escarole. Top with the almond breadcrumbs.

SERVES 4: 1 cup each

CAL 225 / **FAT** 20G (SAT 2G) / **CHOL** 0MG / **CARBS** 9G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 6G / **SODIUM** 320MG / **POTASSIUM** 538MG.

BONE UP! Dark leafy greens and nuts are good plant-based sources of calcium.

PHOTO: BLAINE MOATS

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KITCHEN NOTE

THE MIST WITH THE MOST

For these avocado fries, look out for the new PAM Spray Pump. It's made with extra-virgin olive oil and comes in a non-aerosol bottle.

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Maple-Chili Roasted Butternut Squash

ACTIVE: 15 min **TOTAL:** 40 min

Give this side dish a different kind of heat with a single-chile powder, such as ancho or chipotle

- **2 tablespoons pure maple syrup**
- **2 tablespoons melted butter**
- **1-3 teaspoons chili powder**
- **½ teaspoon salt**
- **4 cups cubed butternut squash**
- **4 small shallots, quartered**
- **1½ teaspoons balsamic vinegar**

1. Preheat oven to 425°F. Coat a large rimmed baking sheet with cooking spray

2. Mix maple syrup, butter, chili powder and salt in a large bowl. Add squash and shallots and toss to evenly coat. Arrange in a single layer on the prepared baking sheet

3. Roast the vegetables, stirring once or twice, until tender, 25 to 30 minutes. Drizzle with vinegar before serving.

SERVES 4: ¾ cup each

CAL 161 / **FAT** 6G (SAT 4G) / **CHOL** 15MG / **CARBS** 28G / **TOTAL SUGARS** 12G (ADDED 6G) / **PROTEIN** 2G / **FIBER** 6G / **SODIUM** 323MG / **POTASSIUM** 530MG.

Avocado Fries with Sriracha Aioli

ACTIVE: 25 min **TOTAL:** 50 min

Save your ripe avocados for guacamole or toast—only firm ones will do when making these fries.

- **Cooking spray**
- **2 firm avocados, cut into ½-inch-thick wedges**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**
- **½ cup white-whole wheat flour**
- **2 large eggs, lightly beaten**
- **1 cup whole-wheat panko breadcrumbs**
- **½ cup mayonnaise**
- **2 tablespoons Sriracha**

1. Preheat oven to 425°F. Coat a large rimmed baking sheet with cooking spray

2. Season avocados with salt and pepper. Place flour, eggs and panko in 3 separate shallow dishes. Coat the avocado wedges in the flour, then dip in the egg. Coat both sides with the panko, pressing to help it stick. Place the wedges on the prepared baking sheet. Coat both sides with cooking spray

3. Bake until golden brown, turning halfway through, 25 to 30 minutes.

4. Whisk mayonnaise and Sriracha in a small bowl. Serve the avocado fries with the aioli.

SERVES 8: 4 fries & 2 Tbsp. aioli each

CAL 221 / **FAT** 18G (SAT 3G) / **CHOL** 35MG / **CARBS** 14G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 4G / **SODIUM** 280MG / **POTASSIUM** 261MG.

SIDE PROJECT Get our best winter vegetable sides at eatingwell.com/webextra

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BREAKFAST
274 cal, 20 g carbs
Smoked Salmon Scrambled Eggs
Two scrambled **eggs** with 1 oz **smoked salmon,** 2 tsp. **reduced-fat cream cheese,** 1 sliced **scallion** and 1 tsp. rinsed **capers.** Serve with 2 **clementines.**

SNACK
101 cal, 9 g carbs
Edamame with Aleppo Pepper
½ cup steamed **edamame** (in pods) with ⅛ tsp. **Aleppo pepper.**

LUNCH
329 cal, 16 g carbs
Zucchini Noodle Salad with Chicken
Toss 4 cups **zucchini noodles,** 1 cup **cherry tomatoes,** 3 Tbsp. sliced **olives** and 2 Tbsp. **feta** with 2 Tbsp. **Italian dressing.** Top with 2 oz. cooked **chicken breast.**

DESSERT
108 cal, 21 g carbs
Banana Sundae
¼ cup **nonfat vanilla yogurt,** ¼ cup sliced **banana,** ½ tsp. each **sliced almonds** and **dark chocolate chips.**

DINNER
403 cal, 37 g carbs

Sesame-Spinach Stuffed Flank Steak

ACTIVE: 35 min **TOTAL:** 50 min
EQUIPMENT: Kitchen string
Serve with a small baked sweet potato and 1 cup cooked green beans.

- **1 10-ounce package frozen chopped spinach, thawed and squeezed dry**
- **2 scallions, sliced**
- **1 tablespoon reduced-sodium tamari**
- **3 teaspoons sesame seeds, divided**
- **2 teaspoons minced fresh ginger**
- **2 teaspoons toasted (dark) sesame oil**
- **2 cloves garlic, minced**
- **1 pound flank steak, trimmed**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 tablespoon grapeseed oil**

1. Preheat oven to 425°F
2. Mix spinach, scallions, tamari, 2 teaspoons sesame seeds, ginger, sesame oil and garlic in a medium bowl
3. Place steak on a cutting board and cover with a sheet of plastic wrap; pound with a meat mallet or heavy skillet to an even ¼-inch thickness. Spread the spinach mixture over the steak, leaving a 1-inch border. Starting at one edge of a long side, roll the steak up tightly, tucking in the filling as you go. Tie the steak with kitchen string at 2-inch intervals. Season with salt and pepper
4. Heat grapeseed oil in a large cast-iron skillet over medium-high heat. Add the steak and cook, turning often, until browned on all sides, about 3 minutes total. Transfer the pan to the oven and roast until an instant-read thermometer inserted in the center of the steak reads 120°F to 125°F for medium-rare, 12 to 15 minutes.
5. Transfer the steak to a clean cutting board, tent with foil and let rest for 5 minutes. Cut into 8 slices and serve sprinkled with the remaining 1 teaspoon sesame seeds.

SERVES 4: 3 oz. steak each
CAL 264 / **FAT** 15G (SAT 4G) / **CHOL** 68MG / **CARBS** 5G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 27G / **FIBER** 3G / **SODIUM** 419MG / **POTASSIUM** 564MG.

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Cheddar + salami
beets + roasted garlic + goat cheese + hazelnuts
butternut squash + rosemary + Gouda + chives
Gruyère + breadcrumbs

Stovetop Mac & Cheese

This super-creamy mac & cheese is loaded with veggies plus gets an extra boost of fiber from whole-wheat pasta

1. ADD VEGGIES

Veggies love cheesy sauce, so add them to your mac & cheese for a one-and-done meal.

Cook **VEGETABLES** and 8 ounces **whole-wheat elbow noodles** according to package directions in a large saucepan of boiling water. (If using peas, add them during the last 2 minutes of cooking time.) Drain.

VEGETABLES
- 4 cups chopped dark leafy greens
- 2 cups diced beets, broccoli, carrots, cauliflower, kohlrabi *(see Tip, page 100)*, winter squash (½-inch)
- 2 cups peas, fresh or frozen

2. AMP THE FLAVOR

A flavor booster in the cheese sauce gives it extra oomph.

Whisk 3 tablespoons **all-purpose flour**, 1 tablespoon **FLAVOR BOOST** and ½ teaspoon each **salt** and **pepper** with ¼ cup **reduced-fat milk**.

FLAVOR BOOST
- Mashed roasted garlic
- Dried herbs, such as rosemary
- Lemon zest
- Dijon mustard
- Pesto
- Harissa
- Tomato paste
- Minced capers

3. MAKE YOUR SAUCE

A bit of cream cheese makes the sauce luscious.

Heat 1¾ cups reduced-fat milk in the saucepan over medium-high heat until just simmering. Add the flour mixture and reduce heat to medium-low. Cook, whisking constantly, until thickened, 1 to 2 minutes. Remove from heat and whisk in 1½ cups shredded or crumbled **CHEESE**, 2 ounces **reduced-fat cream cheese** and 2 teaspoons **white-wine vinegar** until the cream cheese is melted. Stir the pasta and vegetables into the sauce.

CHEESE
- Crumbled goat cheese
- Shredded Cheddar, fontina, Gouda or Gruyère

4. TOP IT OFF

Sprinkle with ¼ cup TOPPER for a final touch.

TOPPER
- Diced salami
- Chopped fresh herbs
- Toasted breadcrumbs or nuts

Active: 25 min **Total:** 25 min
Serves 4: 1¾ cups each
Nutrition Info: Page 102

ONE-POT WONDERS Get more quick & simple weeknight meals like this pasta from EatingWell.com/WebExtra

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Spinach, Asian Pear & Chicken Salad

ACTIVE: 30 min **TOTAL:** 40 min
TO MAKE AHEAD: Refrigerate poached chicken (Step 1) for up to 3 days.

Fragrant, crunchy Asian pears add a refreshing melon-like flavor to winter salads. Look for these large, brown, apple-shaped fruit in well-stocked supermarkets near other specialty fruit.

- 1 pound boneless, skinless chicken breast, trimmed
- 4 bay leaves
- 5 tablespoons toasted sesame oil
- 3 tablespoons rice vinegar
- 1 tablespoon grated fresh ginger
- 1 tablespoon Chinese hot mustard
- ¾ teaspoon salt, divided
- 12 cups chopped stemmed mature spinach
- 1 large Asian pear, thinly sliced
- 1 medium cucumber, thinly sliced
- 1 cup thinly sliced radishes
- 2 tablespoons toasted sesame seeds

1. Place chicken and bay leaves in a medium saucepan, add water to cover and bring to a boil. Cover, reduce heat to a gentle simmer and cook until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes. Let the chicken cool in its poaching liquid for 15 minutes.

2. Meanwhile, whisk oil, vinegar, ginger, mustard and ½ teaspoon salt in a small bowl. Combine spinach, pear, cucumber and radishes in a large bowl.

3. Transfer the chicken to a clean cutting board and shred into bite-size pieces. Season with the remaining ¼ teaspoon salt. Add to the salad, drizzle with the dressing and toss to coat. Sprinkle with sesame seeds.

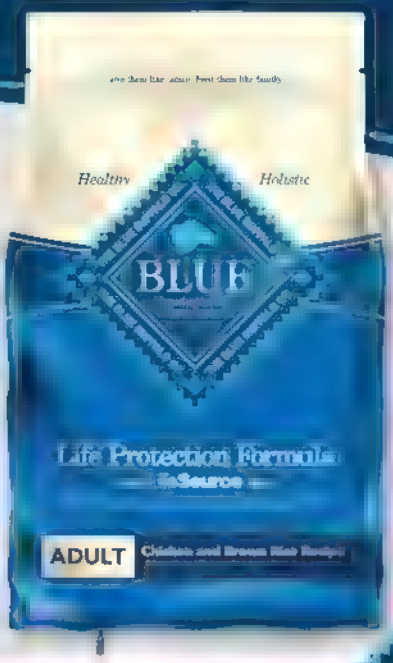
SERVES 8: 2 cups each

CAL 285 / **FAT** 18G (SAT 3G) / **CHOL** 50MG / **CARBS** 11G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 22G / **FIBER** 5G / **SODIUM** 499MG / **POTASSIUM** 737MG. %

WINTER FRESH Get more winter salad recipes at eatingwell.com/webextra

After comparing ingredients,

8 out of 10 people who feed Pedigree prefer the ingredients in BLUE.



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Top 5 Ingredients

Pedigree	BLUE
1. Ground Whole Grain Corn	1. Deboned Chicken
2. Meat and Bone Meal	2. Chicken Meal
3. Corn Gluten Meal	3. Brown Rice
4. Animal Fat	4. Barley
5. Soybean Meal	5. Oatmeal

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*Snack*isfaction!

Pairing protein and fiber in these tasty treats helps to tame between-meal hunger.

Smoked Tofu & Vegetable Sushi Roll
Place 1 sheet toasted nori shiny-side down on a cutting board. Arrange 1 oz. sliced baked smoked tofu, ¼ sliced ripe avocado, 4 thin slices red bell pepper and 4 matchsticks cucumber end-to-end across the bottom third of the nori. Roll up tightly, wetting the last inch of the nori to seal the roll. Cut into 8 pieces.
SERVES 1: 1 roll

Coconut Curry Cashew Popcorn
Lightly coat 2 cups air-popped popcorn with olive oil cooking spray. Toss with 2 Tbsp. each cashews and toasted coconut flakes, ¼ tsp. curry powder and ⅛ tsp. salt.
SERVES 1: 2 cups

Raspberry-Kefir Power Smoothie
Combine ½ frozen banana, ½ cup raspberries, ½ cup low-fat plain kefir, 2 tsp. natural peanut butter and ½ tsp. flaxmeal in a blender. Process until smooth, adding 1 to 2 Tbsp. water, if necessary.
SERVES 1: 1 cup

Make & Take or Grab & Go

Total: 5-10 min each
Nutrition Info: Page 102

Bonafide Provisions Drinkable Veggies
Lemon and mint mingle with green veggies like peas and spinach.

Setton Farms Pistachio + Blueberry Cranberry Chewy Bites
These two-bite bars are a touch sweet and salty.

Sabra Classic Hummus with Pretzels
A great grab-and-go option found at many stores and airports.

POWER UP Get more snack recipes with protein and produce at eatingwell.com/webextra

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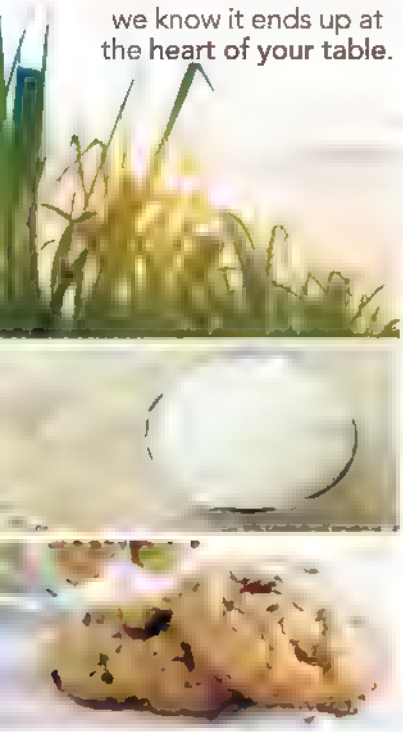

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Brûléed Oranges with Cardamom Syrup

ACTIVE: 20 min **TOTAL:** 20 min

Turbinado sugar has a rich, molasses-like flavor that plays nicely against sweet-tart oranges.

- **3 tablespoons turbinado sugar**
- **1 teaspoon ground cardamom**
- **6 medium oranges (about 3 pounds)**
- **1 teaspoon vanilla extract**
- **1 tablespoon butter**
- **¼ cup chopped toasted pistachios**

1. Position rack in upper third of oven; preheat broiler to high. Line a large rimmed baking sheet with foil.

2. Rub sugar and cardamom together in a small bowl. Transfer 1 tablespoon of the cardamom sugar to a small saucepan.

3. With a sharp knife, remove rind and white pith from 5 oranges. Slice into ½-inch rounds. Place on the prepared baking sheet and sprinkle with the remaining cardamom sugar. Broil until the orange slices are lightly browned around the edges, 5 to 10 minutes.

4. Meanwhile, zest and juice the remaining orange. Add the zest, ⅓ cup of the juice and vanilla to the sugar in the saucepan. Bring to a boil over medium-high heat and cook until reduced by half, 2 to 3 minutes. Remove from heat and whisk in butter.

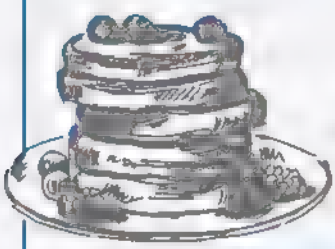
5. Transfer the orange slices to a platter and drizzle with the syrup. Top with pistachios.

SERVES 5: 4-5 orange slices each

CAL 164 / **FAT** 5G (SAT 2G) / **CHOL** 6MG / **CARBS** 28G / **TOTAL SUGARS** 22G (ADDED 8G) / **PROTEIN** 3G / **FIBER** 4G / **SODIUM** 1MG / **POTASSIUM** 346MG.

SWEET ON YOU Find more winter fruit dessert recipes at eatingwell.com/webextra

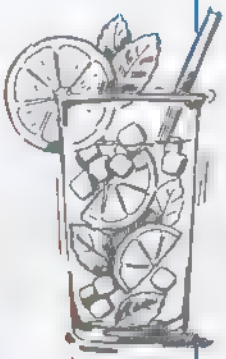
Your Secret Weapon in the Kitchen!



pour

cook

bake



mix

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The deep, corny flavor of masa harina—the lime-treated ground dried corn used to make tamales and tortillas—shines in this crust. Look for it in the baking or Latin section of supermarkets or at Latin grocers.

Nacho Pizza with Masa Crust

ACTIVE: 30 min **TOTAL:** 30 min
EQUIPMENT: Parchment paper

Imagine all your favorite nacho ingredients piled onto a warm, toothsome, giant tortilla. Pretty good, right? Now make this recipe and see if you were right. Serve with lime wedges.

- 2 large eggs
- 1½ cups masa harina *(see Tip, right)* or cornmeal
- ½ cup sliced scallions
- ½ cup water
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- 1 cup refried black beans, heated
- 1 cup shredded pepper Jack cheese
- 2 cups shredded romaine
- 1 medium ripe avocado, thinly sliced
- ¼ cup slivered red onion
- ½ cup pico de gallo or fresh salsa
- ¼ cup chopped fresh cilantro

1. Position rack in upper third of oven; preheat to 400°F. Line a large rimmed baking sheet with parchment paper.
2. Beat eggs in a medium bowl. Mix in masa (or cornmeal), scallions, water, chili powder, garlic powder and salt. Spread evenly on the prepared baking sheet into a 9-by-11-inch oval.
3. Bake the crust until lightly browned, about 10 minutes. Spread beans on the crust and sprinkle with cheese. Bake until the cheese is melted, about 5 minutes more.
4. Top the pizza with romaine, avocado, onion, pico de gallo (or salsa) and cilantro.

SERVES 6: 1 slice each

CAL 298 / **FAT** 14G (SAT 5G) / **CHOL** 78MG / **CARBS** 35G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 12G / **FIBER** 8G / **SODIUM** 455MG / **POTASSIUM** 491MG.

MEATLESS MEXICAN Find more vegetarian recipes from south of the border at eatingwell.com/weeknight-extra

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The new year is upon us, and it can be your healthiest year yet! Don't worry about breaking your resolutions. The trick is to make one simple change and stick to it. Need some inspiration? Turn the page to learn about an easy and healthy habit you can add to your daily routine

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3 EASY WAYS TO EAT FOR OPTIMAL GUT HEALTH

Experts are discovering that your gut health impacts so much more than just your digestion The trillions of bacteria in your gut can affect your entire body Here are three ways to eat to keep your gut healthy

1 TRY THESE SEVEN FOODS

What do tempeh, miso, sauerkraut yogurt, kefir, kombucha and kimchi have in common? These fermented foods are generally rich in probiotics the good bacteria, particularly those in our gut that help maintain healthy digestion, support immune health and optimal intestinal function The most effective way to encourage their growth is by eating foods packed with probiotics Add these seven fermented foods to your diet for a healthy dose of probiotics

2 FEED GOOD BUGS WITH PREBIOTICS

The lesser known prebiotics may be even more important for gut health. Prebiotics are nondigestible food compounds that fuel the beneficial microbes The more prebiotics in your gut, the more your healthy gut bacteria can thrive. Some common food sources of prebiotics include garlic, onions wheat, bananas, leeks, artichokes and oats

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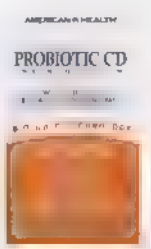

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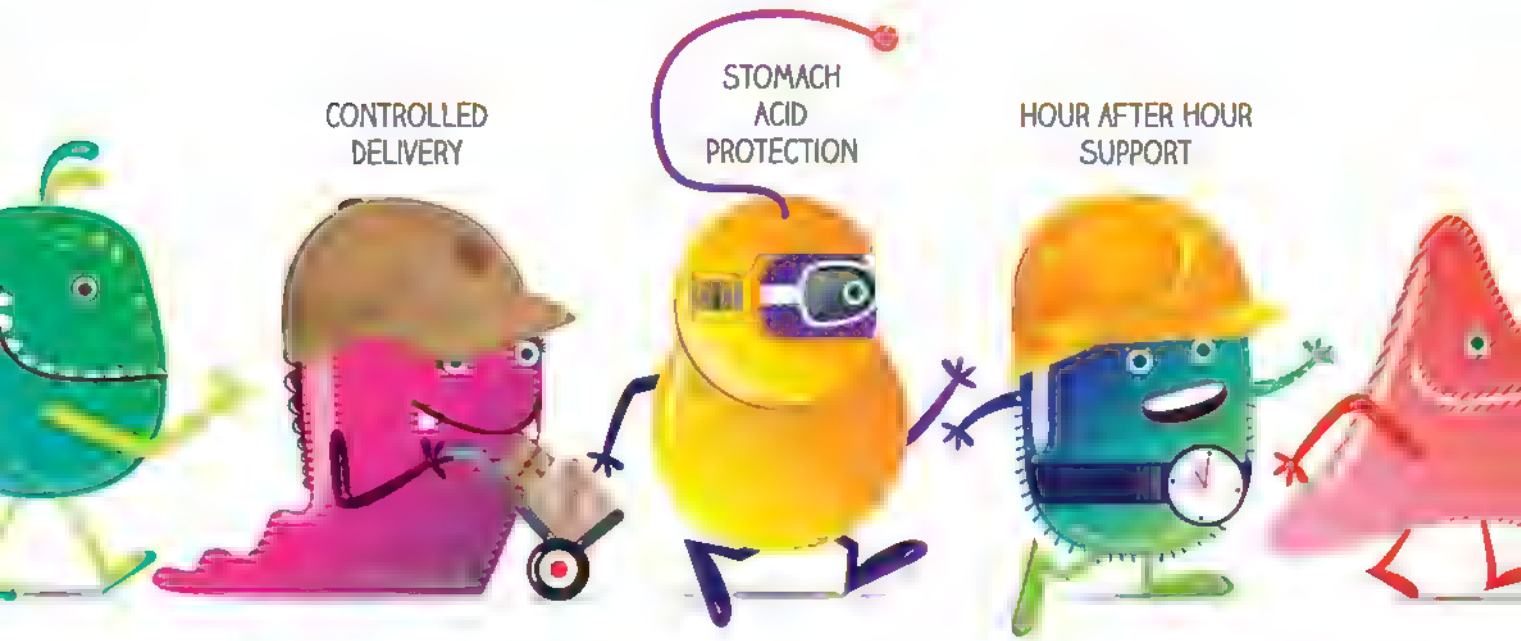

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EATINGWELL CELEBRATES FALL AT THE CHICAGO BOTANIC GARDENS

In October, *EatingWell* headed to the Chicago Botanic Gardens for their annual Fall Bulb Festival. The three-day event included an Outdoor Harvest Market featuring local vendors, live musical performances and activities for kids! From the *EatingWell* tent, guests enjoyed delicious samples and won prizes from our partners, including **Bertolli**, **Bob's Red Mill**, **Carlson Labs**, **Del Monte** and **Firefly Baking Co**. We can't think of a better way to celebrate all that autumn has to offer. Hope to see you there next fall!

Visit **ChicagoBotanic.org** to check out upcoming events!

FRESH

There's Something Fishy Here

In California's Central Valley, rice farmers are using their off season to help endangered fish flourish

By LUCY M. CASALE

It's hard to exaggerate the abundance and subsequent plummet of chinook salmon in California. Before 1915, about 600,000 of them annually swam the Sacramento River, with some estimates reaching 1 million. Fast forward, and spawning runs in this river tanked to as low as 70,000 in 2009.

How did this plentiful fish population wind up so meager? Look to the land for part of the answer. The Sacramento River watershed—the largest in California—flows into the Sacramento Valley, which used to be covered in wetlands. This was critical habitat for the juvenile salmon as they migrated from the river to the ocean. But

CARSON JEFFRES

Salmon, like these chinook, are born in freshwater rivers and migrate to the sea when they're young. After they mature in the ocean, they return upstream to spawn and die.

today, more than 95 percent of these wetlands have been lost leveed and drained for flood control or converted for agricultural use. But there's a solution happening on rice farms that neighbor the river: farmers are flooding over 300,000 acres of fallow winter fields, providing surrogate fish habitat after the rice has been harvested.

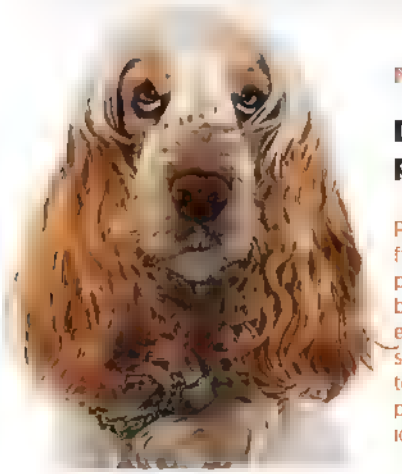
This conservation endeavor began as a research experiment (dubbed the Nigiri Project, for its sushi-like pairing of rice and salmon) in 2012, pioneered by Carson Jeffres, field and lab director at the University of California, Davis, and then-doctoral student Jacob Katz (now, a senior scientist at the nonprofit California Trout).

The study, says Katz, started, "in the corner of a flooded rice field. A 5-acre mud puddle about shin deep." But the results were astounding: salmon in the flooded rice fields grew larger and faster than fish in the river because the decomposing rice stalks attracted a feast of critters for the baby fish to eat. This is crucial because bigger fish are more likely to return from the ocean to the river to spawn as adults.

Because of this success, the California Rice Commission has included fish conservation in its wildlife-friendly practices. And today, Katz, Jeffres and others are working to expand the project ("We're calling it 'Operation Fat Fish,'" says Katz) to other areas that don't have direct access to the river

INSIDE THE NUMBERS

These salmon started out the same size—about 2 grams. Three weeks later, the floodplain-raised fish *(left)* weighed in at 5 5 grams compared to only 2.3 grams for the Sacramento River fish *(right)*. This makes sense: the flooded fields have nearly 150 times more food than the river.



PET [illegible]

Does my dog need probiotics?

Probiotic products for pets have flooded the market as the importance of "good" gut bacteria becomes clearer The strongest evidence for these supplements so far in pets is for gastrointestinal conditions, diarrhea in particular (There isn't much evidence yet on probiotic benefits for other conditions or general well-being) Studies in dogs show that probiotics can help rebalance gut bacteria and reduce diarrhea caused by stress as well as shorten recovery time Promising research is ongoing in animals for more serious gastrointestinal issues, such as inflammatory bowel disease

Probiotics are typically safe for animals, but check with your vet first to make sure that your pet's condition doesn t require more care. If probiotics are recommended, keep in mind that not all supplements have the same dose or strains of bacteria—both of which can dramatically alter the efficacy of the product. And because quality control is a known issue (many products don't have the bacteria in the amounts their labels suggest), ask your vet to suggest products that have been tested and confirmed to meet their label claims.

Cailin Heinze, V.M.D., M.S., D.A.C.V.N.
petfoodology.org

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Be You

By NORMAN SCHREIBER

PHILADELPHIA

Vedge

Owner/chefs Rich Landau and Kate Jacoby's love of travel shows up on their globally inspired shareable small plates. Harder adores their rutabaga fondue *(above)*. "It's creamy, tangy and smooth with a cheesy bounce."

SEATTLE & PORTLAND, OR

No Bones Beach Club

This tiki bar serves up next-level coastal pub food—think jackfruit flautas with tomatillo avocado salsa or a sesame taro sandwich with Asian slaw and wasabi mayo *(above)*. Some of the proceeds go to a different animal charity each month.

Will Travel For: Vegan Eats

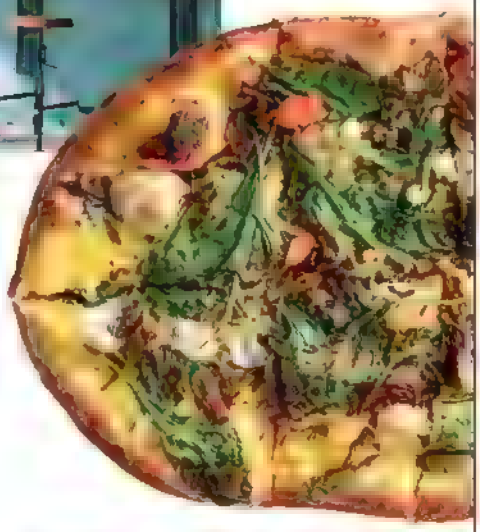
Whether you're a vegan or not, these restaurants are worth a visit. They're *that* good!

Dustin Harder *(above)* has discovered the exciting side of vegan eating all across North America. This personal chef has logged more than 110,000 miles looking for plant-based gems as part of his web series *The Vegan Roadie*. "It's all about becoming expansive about what we're putting on our plates instead of feeling like we're giving something up, and being open-minded about what chefs are creating," says Harder. Hit the road and try some of his faves.

VANCOUVER, BC

MeeT on Main

"Veganism has a stigma of being aggressive, uptight or even pretentious, but this place isn't any of those things—it's just welcoming," says Harder. The laid-back atmosphere, craft cocktails and familiar menu items (even a burger made with veggies, grains and topped with "bacon" made from coconut and seitan) draw people in. "Oh, and it happens to be vegan!"



NEW YORK

Double Zero

What's pizza without cheese and pepperoni? Delicious, proves Matthew Kenney's upscale East Village eatery. "I grew up on fast-food pizza," admits Harder. "But I've lived in New York for 10 years, so I consider myself a pizza snob now." His favorite drool-worthy topping combo? Roasted corn, garlic macadamia ricotta, maitake mushrooms and baby kale.

INSPIRED? Can't make it to these restaurants? Find vegan recipes at eatingwell.com/extra

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By MICAELA YOUNG, M S

Plastic. Not Fantastic.

This stuff is surprisingly hard to avoid. It's even in our clothing. Now we're left to sort out its impact on the environment and our health.

Welcome to the plastic planet. Of the 9.1 billion tons of it we've churned out since the 1950s, roughly half was produced in the last decade or so, according to a recent study published in *Science Advances*. And 6.9 billion tons of it has ended up as waste—only 9 percent was recycled, while 79 percent wound up as litter or in landfills. (The rest is still in use.) And you may not realize how much plastic you're using. There are endless sources in our everyday lives—disposable razors, fleece jackets, shoes, toothbrushes and more. The Ocean Conservancy reports that cigarette butts (yep, there's plastic in the filters) top the list of trash found at beach cleanups.

Much of this trash ends up in the ocean. In 2010 alone, an estimated 8.8 million tons of it entered the sea—equivalent to dumping a garbage truckload of plastic into the ocean every minute, says Amy Uhrin, M.S., chief scientist of the Marine Debris Program of the National Oceanic and Atmospheric Administration.

Oh, and that 9.1 billion tons of plastic we mentioned earlier? Yeah, a lot of it is still hanging around. Most plastics never really go away. They only break into smaller and smaller pieces, including tiny bits called microplastics. There are an estimated 5 trillion microplastics floating in the oceans. Unfortunately, marine creatures like oysters, sea turtles and corals mistake these particles for food. Consequently, they're not only suffering from malnutrition from not eating real food, they're also ingesting harmful chemicals: microplastics absorb other toxic contaminants in the ocean. Some of these chemicals have been shown to cause hormonal imbalances, hinder reproduction and lead to liver damage in fish.

And with evidence showing that plankton at the bottom of the food chain may be affected by plastic, the outlook for us at the top isn't good. For more on how plastics could impact your health, continue reading on the next page.

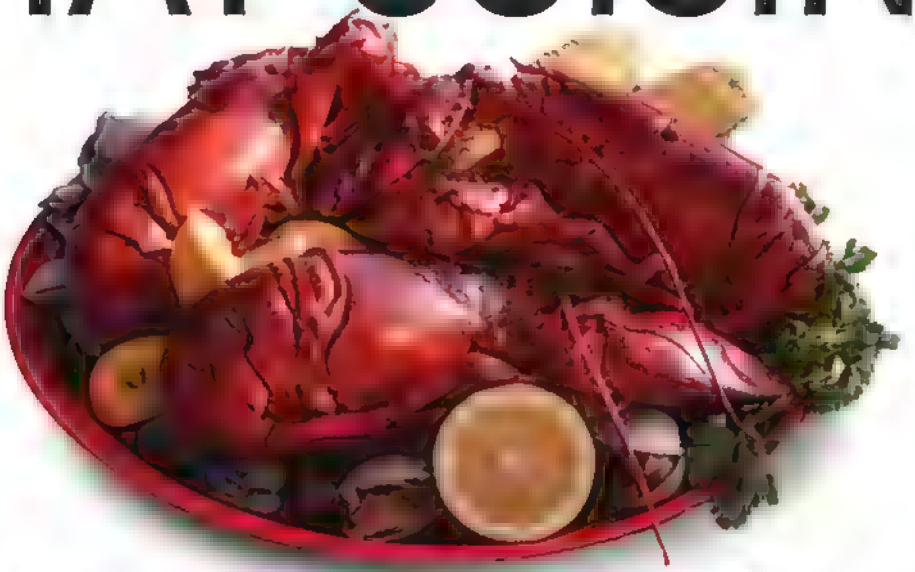
HOW TO HELP

[illegible] at your local beach cleanup. Better yet, log the plastic you collect with the Ins[illegible]

[illegible] by supporting groups like the 5 Gyres Institute (a nonprofit that fights plastic pollution [illegible] levels).

[illegible] with environmental organizations such as the Plastic Pollution Coalition (plasticpollutioncoalition.org) and Marine Conservation Society (mcsuk.org). Wh[illegible] of these organizations [illegible]

THAT CUISINE



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By MICAELA YOUNG, MS

Your Health on Plastics

Care for a sprinkling of microplastics with your meal? Yes, the same pollutants ubiquitous in our environment may end up on your plate. Researchers have found microplastics in fish, sea salt and even drinking water.

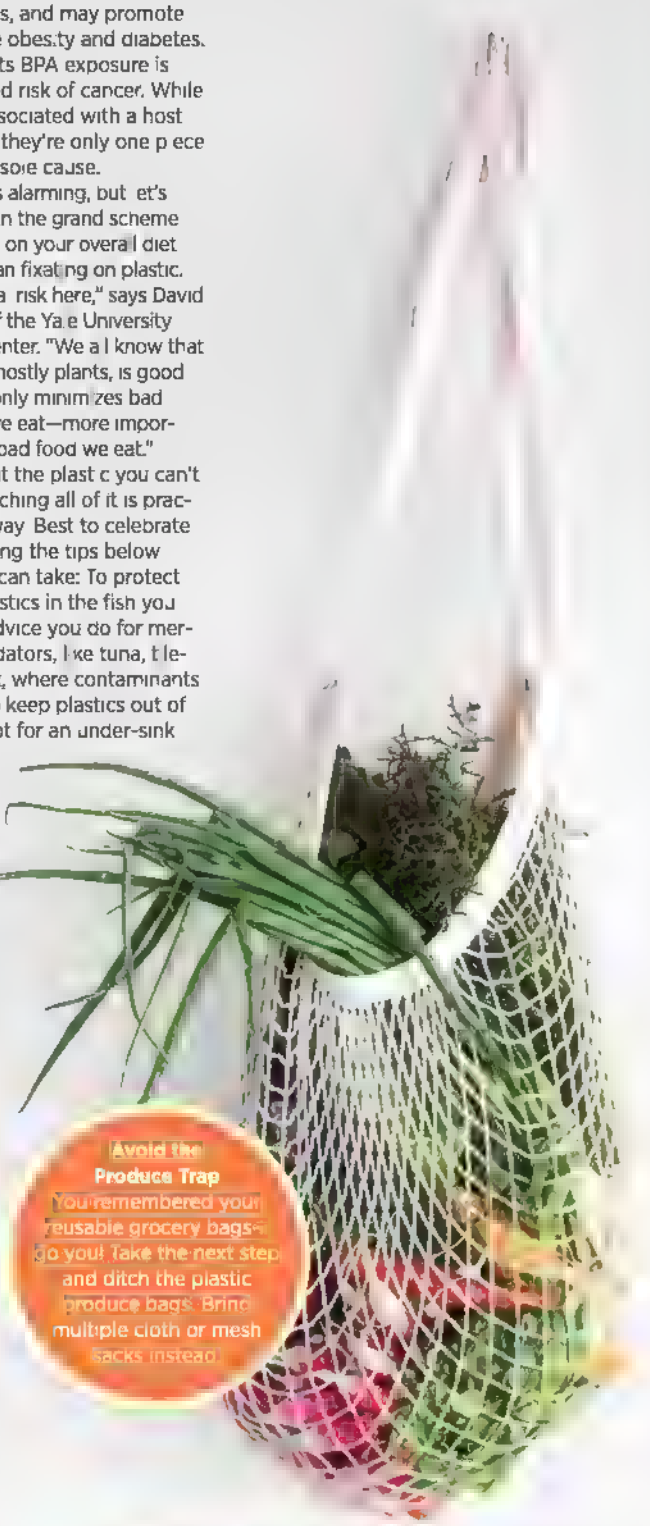
The question of how microplastics impact the human body has yet to be studied, says Laura Vandenberg, Ph.D., at the University of Massachusetts, Amherst (it's only been investigated in animals). "But the fact that microplastics are found in the flesh of fish and other organisms suggests that they're not simply passing through animals, so why would we expect they're benignly passing through us?" she asks.

"We all know that a diet of whole foods, mostly plants, is good for us. Such a diet not only minimizes bad chemicals in the food we eat—more importantly, it minimizes the bad food we eat."

That said, we do have some insight on the chemicals these plastics are made of, because we're constantly interacting with them in our daily lives, including items made with bisphenol A (BPA, found in water bottles and can linings), phthalates (found in packaging film and other plastics) and persistent organic pollutants (POPs, found in nonstick pans). These can leach into food and act as endocrine disruptors, interfering with the hormones in our bodies, and may promote metabolic diseases like obesity and diabetes. Other research suggests BPA exposure is linked with an increased risk of cancer. While these chemicals are associated with a host of diseases, know that they're only one piece of the puzzle—not the sole cause.

Yes, all of this sounds alarming, but let's put it into perspective. In the grand scheme of your health, focusing on your overall diet is more constructive than fixating on plastic. "Let's not distort the real risk here," says David L. Katz, M.D., director of the Yale University Prevention Research Center. "We all know that a diet of whole foods, mostly plants, is good for us. Such a diet not only minimizes bad chemicals in the food we eat—more importantly, it minimizes the bad food we eat."

So don't stress about the plastic you can't get out of your life. Ditching all of it is practically impossible anyway. Best to celebrate small victories, like trying the tips below. Some other steps you can take: To protect yourself from microplastics in the fish you eat, follow the same advice you do for mercury—skip the top predators, like tuna, tilefish, bluefish and shark, where contaminants tend to accumulate. To keep plastics out of your drinking water, opt for an under-sink reverse-osmosis filter, like select ones made by Whirlpool and 3M, that catch smaller particles than fridge or pitcher filters do.


Avoid the Produce Trap
You remembered your reusable grocery bags—go you! Take the next step and ditch the plastic produce bags. Bring multiple cloth or mesh sacks instead.

How to Live with Less Plastic

Beth Terry is in the plastic-purging business. The blogger behind *myplasticfreelife.com* and author of Plastic *Free: How I Kicked the Plastic Habit and How You Can Too* recommends starting with this experiment: Collect your plastic waste for a week and take stock. Then, focus on tackling your biggest offenders. Here are some other ways to reduce the plastic in your life. *—Lucy M. Casale*

BYO To-Go Containers. Invest in stainless-steel or glass airtight containers and bring them to the market for items like meat and fish. "I have the butcher put them directly in there instead of in plastic," says Terry. Life Without Plastic sells a line of varying sizes she loves. Use this trick for restaurant leftovers too.

Fork It Over. Carry your own wash-and-reuse bamboo set of utensils to avoid plastic silverware when you're eating out.

Save a Straw. Straws routinely end up as a top pollutant found at beach cleanups, so sip smarter: carry one made of stainless steel, paper or bamboo or skip the straw altogether.

Scrub Out Microfibers. Synthetic fabrics, like fleece, shed plastic microfibers in the laundry. Try washing these fabrics in a Guppy Friend; this specially made washing bag catches tiny plastics before they go down the drain.

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By JULIA WESTBROOK

Lower Your Blood Pressure

Hypertension is now a blood pressure reading of 130/80 mmHg or above. If you are among the 46% of American adults with this condition, you're at an increased risk for a stroke or heart attack. These smart choices will help bring your numbers down.

1 Hold It
Cardio may be the gold standard for overall heart health, but adding some isometric strength training—exercises that challenge your muscles without moving (think planks, as opposed to crunches)—helps your ticker too. Australian researchers found that participants' systolic blood pressure (that's the top number) dropped by 7 mmHg after doing isometric holds on a handgrip-device three days a week for eight weeks. (For comparison, medications lower blood pressure by an average of 9 mmHg.) Isometrics may temporarily compress your blood vessels, and then, when you relax, the body compensates, increasing blood flow and encouraging your blood vessels to widen—with lasting changes over time. (Check with your doctor to make sure your routine is safe for your heart.)

2 Get Your Zen On
Meditating may help reduce both systolic and diastolic blood pressure—by 3.8 mmHg and 2.2 mmHg, respectively—according to a review published in the *Journal of Hypertension*. (Sound small? Keep in mind you're getting a benefit just by relaxing. Sweet!) Chronic stress reduces the body's ability to regulate inflammation, which in turn exacerbates hypertension. Meditation's chill-out powers have the opposite effect. Start by taking 5 minutes a day to close your eyes and pay attention to your breath, with the goal of building up to 20 minutes.

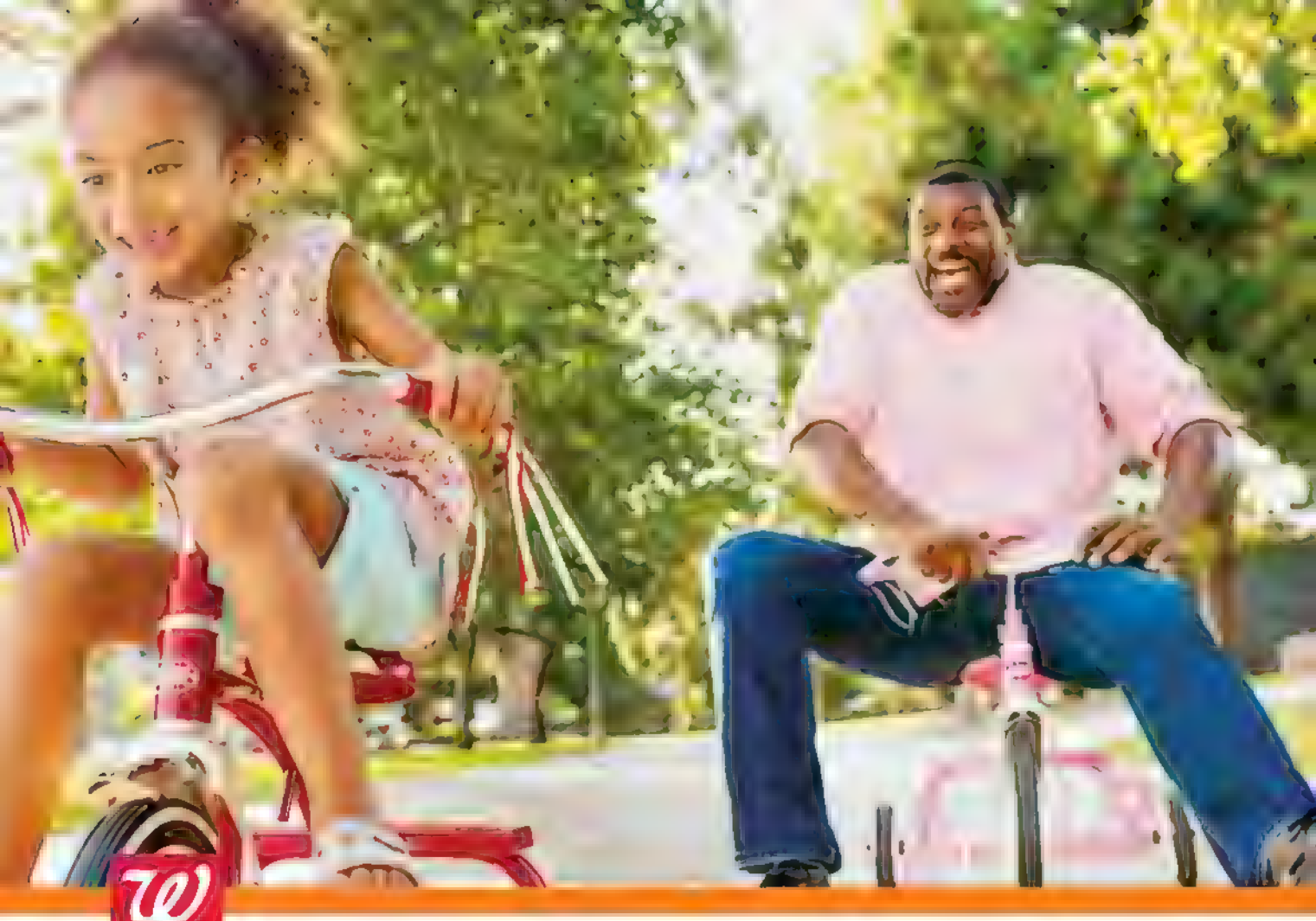
3 Sip Sour
Drinking ¼ cup of tart cherry juice concentrate (diluted with about ½ cup of water to reduce the pucker factor) helped men with prehypertension—an early form of high blood pressure—lower their systolic blood pressure by 7 mmHg, British researchers found. Thank the phytochemicals that give this fruit its ruby hue. These polyphenols have a number of benefits, including anti-inflammatory, antioxidant and anti-obesity properties.

4 Skip Sugary Drinks
People with high blood pressure who reduced their daily sugary beverage habit from 2¼ cans of soda (27 ounces, the amount the average American consumes) to about 1 can over 18 months saw their blood pressure fall 9.5 mmHg, according to research published in the journal *Circulation*. (Don't worry, you can find unsweetened tart cherry juice without added sugars.) In part, slashing sweet drinks helps with weight loss—an important factor for hypertension. But the researchers say that dropping pounds couldn't explain the entire impact. Also in play: limiting sugar seems to reduce your body's production of urate (a waste product of digestion), which has been linked to high blood pressure.

THE POTASSIUM LINK

When it comes to heart health, the chatter is all about salt consumption—but that's not the only nutrient that impacts blood pressure. Research suggests potassium matters too, and most adults fall short by 1,400 mg per day. "You need a balance between sodium and potassium," says Eugene Yang, M.D., clinical associate professor of medicine at the University of Washington Medical Center. He explains that when you consume too much salt, you retain water which increases your blood volume and equals more pressure. Potassium, on the other hand, appears to lower blood pressure. "We know that potassium helps to remove sodium from your bloodstream. Unfortunately, our diet has shifted from one filled with potassium-rich fruits and vegetables to one dominated by high-sodium processed foods," he says. And as our diets have changed, blood pressure has increased. You can restore that balance by aiming to get 4,700 mg of potassium a day from foods like sweet potatoes (950 mg per cup), avocados (487 mg per half) and dried apricots (514 mg per half cup). *Jessica Migala*

BETTER BLOOD PRESSURE Get meal plans and recipes to lower your blood pressure at eatingwell.com/webextra



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By PAMELA REDMOND SATRAN

How to Gain Weight

An ode to yo-yo dieting

Like everybody else in America, with the possible exception of those metabolically gifted models who have a BMI of 5, I will be dieting this month. I'm no expert, but I do find it pretty easy to take off 10 pounds—and have even managed to drop more than 30 a couple of times. Almost any weight-loss method works for me, as long as it involves cutting out all sugar, bread, alcohol, pasta, cheese, alcohol, nuts and... did I say alcohol?

I do this until I either want to stab myself in the neck with a butter knife or I get thin enough to wear skirts without my thighs rubbing together, whichever comes first.

Then it's time to get down to the task I'm *really* an expert at: putting the weight back on.

Those of you devoted to your diet and maintaining your svelte new figure—should read this as a cautionary tale. The rest of you may want to take notes. My methods are foolproof.

The very first step to gaining weight is telling yourself you're *not* going to gain weight, not ever again. This is essential for letting down your guard and going back to that state of denial that got you fat the last time and, according to all my research, is sure to pile the pounds back on. You're not avoiding the scale, you're just tired of taking your pajamas off in the ice-cold bathroom so as not to add an extra ounce to your morning weight. You are sick of never getting candy at the movies, of always being the designated driver, of spending three hours at the grocery store deciphering every freaking food label.

You're not a scientist! You're not a monk!

And you don't want to waste away, for heaven's sake. After all the hard work you did to lose weight, you deserve to live a little. Accompany that egg white omelet with an English muffin. Heck, put a little butter on it. Pour some extra dressing on your midday salad. And at dinnertime, say hello to your old friend Chardonnay. (Whee!)

If you feel any misgivings at this point, remind yourself that you've been working out, and muscle burns more calories than fat, so your metabolism has a new higher set point.

Most of all, relax! At your friend's birthday dinner, help yourself to a second serving of cake while drinking in the compliments about how skinny you are. Really enjoy that moment, since looking like a thin person while eating like a fat person is the true high point of any yo-yo diet. You can always make up for an indulgent evening by going out the next day for brunch, which is two meals in one so you get to eat twice the calories.

And who's counting calories, anyway? It feels so good to eat what you want without writing down points, measuring portions (*hello*, they make plates that size for a reason) or even acknowledging that food is passing your lips. Definitely don't worry about the calories you consume via liquids, because they don't matter nearly as much as solids. Ignore that nagging little voice that's telling you to be careful. Hey, it's not like you're smoking or snorting meth!

Though if you're going to gain weight effectively, you will have to develop new, hardcore habits or at least reclaim some old ones. Trade your morning egg whites for fruit, yogurt (with sugar, *duh*) and granola which has the image of healthfulness without actually being very healthy. For lunch, make a grilled cheese sandwich, which will save you a lot of time over arduously putting together a salad. Always order fries with that. Or hash browns. Or mashed potatoes. Or all three! Look how many vegetable servings you just got. And you deserve to end the day with food cooked by someone else in a restaurant. While you may not really know what makes it taste so good, you can be pretty sure it's not fiber.

You may become aware during this time that your weight gain efforts are taking hold, but whatever you do, don't get on the scale. Finding out that you've put back on five or ten pounds could short-circuit the full success of your weight-gain plan. And you were never supposed to weigh yourself so often, anyway.

How do you know you've crossed the finish line and it's time to stop gaining? When you're forced to go clothes shopping and the only thing in the store that fits you are the socks. Then, you'll have to pack away all these delicious techniques and do whatever it takes to once again become slim and sleek—and best of all, ready to regain.

PAMELA REDMOND SATRAN *is the author of the bestselling humor collection* How Not to Act Old. *Her novel,* Younger, *is now the basis of the hit TV Land show.*

JEANNIE PHAN

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Let's Do This!

Forget all those traditional resolutions—you know, the ones that never fail to fail by January 15? Our experts have a better idea: keep it simple. Make small changes that go a long way toward making 2018 your healthiest year yet.

BY SHAUN DREISBACH // ILLUSTRATIONS BY ANDREA CZEZ

What if you could pull up a seat in front of some of the smartest, most plugged-in experts in their fields—doctors, nutritionists, cardiologists, prevention specialists—and ask them to recommend one thing you can do to better your health? Just one. This is, after all, Resolution Time, when we get all excited to make a fresh start and draft *looong* mental lists of the changes we want to make: get more sleep, stress less, drop 20 pounds, go vegan, take up power yoga, yada, yada, yada. All very noble. But baby steps are the name of the game when it comes to long-term success. And if you're really going to throw your efforts behind a single change—or maybe a couple, if you're up to the challenge—which one is the most worthwhile? What will make the biggest impact on your life and pay the greatest health dividends?

That's the question we put to *EatingWell*'s advisory board members. (Said smarties.) They're the panel of pros we speed-dial whenever we need insight on a topic we're investigating or a sounding board about a hot new trend or headline-grabbing study. And now they're here to tell you how to have your happiest, healthiest year ever. (Each recommended a different "one thing," but all agreed that these are six top priorities to tick off, one by one. Great minds, right?) So, go ahead, get comfy in that chair. Your doctors are in.

Don't Eliminate—*Moderate*

THE EXPERT ***Richard D. Mattes, Ph.D., R.D.,*** *is a distinguished professor of nutrition science at Purdue University. He's currently researching the health effects of low-calorie sweeteners and whether fat may be a taste just like sweet, salty and umami*

"My advice is simple in concept, difficult to implement: practice moderation. I wish I could make it more exciting than a bag of nails, but I can't. A long time ago, if you wanted to lose weight, our dietary advice was to just eat less of everything and that should work. But it didn't, because people didn't want to follow that advice, so then the search was on to find gimmicks that would help them lose weight another, easier way—just cut out fat or carbs or gluten. Everyone is still hoping there's some magic diet out there that will make managing their weight painless and enjoyable—something they don't have to work at. There have been an extraordinary number of variations on the theme over the years, and, of course, not one of them has worked because there *is* no work-around. It always comes back to calories consumed versus expended.

"Here's the good news, though: You *can* eat what you like if you're sensible. We all see the logic of being moderate in how we drive our cars and how we invest our money. We make all sorts of decisions where we take a more balanced approach and somehow we don't use those same guiding principles when it comes to our diet. If people actually practiced moderation there would be a whole lot less obesity, diabetes, cardiovascular disease and other chronic diseases. All kinds of things would start falling into place.

"It would also mean not having to think as much about what you eat. You could just enjoy your food. So if you think about it, moderation can actually be *freeing*. I honestly don't count calories. I don't restrict foods. You don't have to trade off anything if everything you do is moderate."

Get at Least 150 Minutes of Exercise a Week

THE EXPERT **Philip Ades, M.D.,** *is director of cardiac rehabilitation and preventive cardiology at the University of Vermont College of Medicine. His recent research examines the importance of exercise and healthy diet in lower-socioeconomic-status cardiac patients.*

"I'll tell you what I say to all of my patients: Exercise is part of your diet. If you're thinking about weight control or weight loss—and two-thirds of the American population are—part of your goal has to be burning a lot of calories. Yes, it's good and probably a little quicker to cut back on the calories you take in, but that's not a real long-term plan. No one can stay hungry forever! So, 150 minutes a week of moderate exercise, like brisk walking, is what the Centers for Disease Control and Prevention recommends for both weight and health. It doesn't matter if you break that time into several workouts or go for one long hike on the weekend—it's the cumulative effect that counts. If you're doing nothing right now, start slowly and build up to this amount. And if you're a healthy person who is already active, it could be even more than 150 minutes—or more *intense* exercise.

"Aside from weight, there's a long list of benefits of regular exercise—almost more than I can say. In fact, I have a slide I often show that has about 60 things on it. But the big ones are prevention of cardiovascular disease, diabetes and several different kinds of malignancies, like breast and colon cancer. You'll actually have less arthritis over time, your blood pressure and cholesterol will be better, and you'll have less depression. Your whole quality of life will be better."

Proof breaking a sweat is so worth it: a recent review of 83 studies published in *Psychology & Health* found that going from couch potato (unfit) to getting at least 150 minutes a week of exercise slashes the risk for heart disease, hypertension and type 2 diabetes in half; the odds of a stroke plunge 60 percent.

Make Half Your Grains Whole Grains

THE EXPERT **Rachel K. Johnson, Ph.D., R.D.,** *is a professor of nutrition & food science at the University of Vermont. She recently co-authored a book reviewing how nutritious the WIC (Women, Infants and Children) federal assistance food packages are.*

"Whole grains are a really key component to a healthy diet. They help lower the risk of heart disease and hypertension, improve digestion, and they may lower the risk of some cancers—which is why we're all trying to eat more of them these days. But it can be tricky! I find it very difficult to track down whole grains when I'm traveling or eating out at a restaurant. Even the supermarket can be challenging. Today, for instance, I wanted to get a loaf of artisan bread to go with the whole-wheat pasta we're having for dinner, and I couldn't find anything made with whole grain. Even though it was all nice, fresh-made bread, I wound up leaving with nothing. You have to be a savvy label reader too. So many products scream 'whole grain!' and it can fool you into thinking you're making better choices than you actually are.

"The truth is, most Americans don't come close to making half their grains whole—by far most of the ones we eat are refined. A good way to tell if a product is primarily whole-grain is if the first ingredient on the label says whole wheat, brown rice, buckwheat, oatmeal, whole oats or whole-grain cornmeal. Then there are the grains that naturally come whole, like wheat berries, farro, millet and rye berries. It definitely takes some sleuthing in the beginning to really find the foods that are healthy, but once you know which products are truly whole-grain, you can just grab and go."

A recent Tufts University study found that compared to refined-grain eaters, those who opted for whole grains burned 92 more calories a day. The researchers chalk it up to higher stool weight and frequency (literally pooping out extra calories) and higher levels of "good" inflammation-fighting gut bacteria.

BONUS! Get the recipe for this Rye Berry & Smoked Trout Salad at eatingwell.com/webextra

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FUEL TO OWN YOUR RESOLUTION

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Figure Out What Needs the Most Attention in Your Life

THE EXPERT ***David L. Katz, M.D.,*** *is director of the Yale University Prevention Research Center and founder of True Health Initiative. He's currently finishing up his 12th book,* The Truth about Food *(HarperOne), which will be published next fall.*

"I always say that the six-cylinder engine of lifestyle medicine is: feet, forks, fingers, sleep, stress and love. So feet is physical activity, forks is dietary patterns, fingers is not holding cigarettes, sleep means getting enough, stress is to manage and dissipate it, and love is social relationships. All of these things are potent influences on human health—and they all interact with each other. Studies show they can actually refashion your medical destiny at the very level of your DNA and even your chromosomal architecture. They are just profoundly foundational.

"My advice is to step back, look at your health from altitude and ask yourself: 'Which one of these six things needs the most attention in my life?' The answer might surprise you. For example, you may think you want to lose weight, but if you have overwhelming stress, you're not going to be able to get a handle on your eating until that's managed. If you have serious sleep issues, you won't have the energy or resolve to change your diet and exercise habits until you sort that out. Figure out your one thing, then proceed accordingly. Once you fix the first thing, it will energize you to say, 'Wow, life's a bit better! Now I feel like I have the wherewithal to address the next thing—and the next.'

"This invites another consideration, and that's that we tend to forget what health is really for. The health care system propagates the idea that it's important to be healthy because it's important to be healthy. That's rubbish! The reason health matters is that it makes your life better. If it didn't, I'd say who gives a hoot? The whole point of pursuing health is to infuse your days with greater net pleasure. Healthy people have more fun. And that's what you should aim for in 2018: making a change that brings you closer to that sweet spot."

Eat More Beans

THE EXPERT ***Miriam E. Nelson, Ph.D.,*** *is director of the Sustainability Institute at the University of New Hampshire, Durham. She recently led the university to become one of only three nationwide with a platinum sustainability rating, reflecting initiatives like dining-hall composting and a 100 percent renewable-energy-powered main campus.*

"Americans eat very few beans—only 9 percent of the population consumes them on any given day—and they're *so* good for you. They're a rich source of nutrients, protein and fiber, and there's a ton of research linking bean consumption to longevity, particularly in Blue Zones—the areas of the world where people live the longest. Beans are also cheap and have a very low environmental footprint compared to other protein sources—which means they're good for the planet too. We should have a bean revolution!"

Go Beyond Potatoes—and Tomatoes on Pizza

THE EXPERT ***Marion Nestle, Ph.D., M.P.H.,*** *is a professor of nutrition, food studies and public health at New York University. She is currently working on a book about how the food industry funds nutrition research.*

"My one change is to eat more vegetables. I would say it's the one thing in nutrition that everyone can agree on—there's just really no controversy about it! We know so much about how people who eat vegetables have healthier diets, maintain their weight better, live longer and have less chronic disease, such as cancer. Yet the average person gets only half of the recommended servings a day. And if you look at the overall dietary patterns of Americans, potatoes (usually as french fries) and the tomatoes in pizza are the two vegetables that are consumed in the largest amounts. They shouldn't count! When I say eat more vegetables, I mean things like leafy greens and root vegetables and *actual* whole tomatoes without the added sugars, salt and preservatives.

A recent review of 95 studies published in the *International Journal of Epidemiology* found that for every 7 ounces of produce you add each day, the risk of all major diseases—including cancer, heart disease and stroke—drops significantly.

"One of the great benefits of world food trade is that you can walk into any halfway-decent supermarket in America and have an enormous choice beyond staples like carrots and broccoli. Experiment! There are so many options available, and great ways to prepare them that are truly fun and delicious. Eating more vegetables should be a *pleasure*."

EAT MORE VEG Take our 30-Day Eat More Vegetables Challenge and get delicious new recipe ideas for packing more produce into your day at eatingwell.com/weekend

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PROTEIN + PEANUTS
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FUEL TO
OWN YOUR
RESOLUTION
OWN IT

TOPS & BOTTOMS

PHOTOGRAPHY BY
RYAN LIEBE

FARRO, KALE & SQUASH SALAD (PAGE 66)

The average American household wastes about $2,000 worth of food a year. Fighting that waste sounds smart, right? What it doesn't sound: delicious. That's where this use-the-whole-veg, root-to-leaf cooking approach comes in. These recipes deliver 100% outrageously good food. Zero waste.

RECIPES BY
BRIANA LAI, M.P.H., R.D.

Use-All-the-Broccoli Stir-Fry

ACTIVE: 45 min **TOTAL:** 45 min
EQUIPMENT: Spiralizer

Spiralized broccoli stems transform into tender "noodles" in this lo mein–inspired dish.

- 2½ pounds large broccoli heads with stems at least 1 inch thick (4–5 heads)
- 1 medium red onion
- ½ cup water, divided
- 2 tablespoons Shaoxing rice wine or dry sherry
- 2 tablespoons reduced-sodium tamari
- 1 tablespoon chili-garlic sauce
- 4 teaspoons toasted sesame oil, divided
- 2 teaspoons cornstarch
- 1 teaspoon light brown sugar
- 2 tablespoons peanut oil, divided
- ½ teaspoon salt
- 2 small red chiles, sliced (seeded if desired)
- 1 tablespoon minced fresh ginger
- 2 tablespoons chopped roasted unsalted peanuts

1. Remove florets from broccoli stems. Cut the florets into 1-inch pieces and set aside. Trim the stem ends. Using a vegetable spiralizer with the thin-noodle blade, spiralize as much of each stem as possible. Chop any remaining stem into ½-inch pieces. Switch to the thick-noodle blade and spiralize onion.
2. Whisk ¼ cup water, rice wine (or sherry), tamari, chili-garlic sauce, 2 teaspoons sesame oil, cornstarch and brown sugar in a small bowl. Set by the stove.
3. Heat 1 tablespoon peanut oil in a large flat-bottom carbon-steel wok over medium-high heat. Add the broccoli noodles, stem pieces and onion; cook, stirring, until tender, about 5 minutes. Transfer the mixture to a large bowl and toss with the remaining 2 teaspoons sesame oil and salt.
4. Add the remaining 1 tablespoon peanut oil, chiles and ginger to the pan. Cook, stirring constantly, for 15 seconds. Add the reserved florets and cook, stirring, until starting to brown, about 1 minute. Add the remaining ¼ cup water, cover and cook until the florets are tender, about 3 minutes more. Uncover and add the reserved sauce. Cook, stirring, until the sauce is thick, about 1 minute.
5. Arrange the noodle mixture on a platter with the florets on top. Serve sprinkled with peanuts.

SERVES 4: about 2 cups each

CAL 252 / **FAT** 14G (SAT 2G) / **CHOL** 0MG / **CARBS** 24G / **TOTAL SUGARS** 9G (ADDED 1G) / **PROTEIN** 11G / **FIBER** 9G / **SODIUM** 590MG / **POTASSIUM** 1066MG

STYLING: REBECCA JURKEVICH (FOOD); PAIGE HICKS (PROPS)

Cauliflower Steaks with Parmesan Cauliflower Rice & Romesco

ACTIVE: 1 hr **TOTAL:** 1 hr

Use the entire cauliflower head—leaves (yes, they're edible), stem and florets and all.

- 2 medium heads cauliflower (about 1½ pounds each)
- 6 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- ¼ cup slivered almonds, toasted
- ¼ cup skinned whole hazelnuts, toasted
- 2 cloves garlic, peeled
- ¾ cup chopped jarred roasted red peppers
- 2 tablespoons red-wine vinegar
- 1 tablespoon tomato paste
- ½ teaspoon smoked paprika
- ¼–¼ teaspoon cayenne pepper
- ½ cup sliced scallions
- ½ cup chopped fresh parsley
- ½ cup grated Parmesan cheese

1. Preheat oven to 450°F. Line a rimmed baking sheet with foil.

2. Remove leaves from cauliflower, keeping stems intact. Cut leafy green parts off the white ribs. Finely dice the ribs and cut the greens into slivers. Set aside.

3. Place the cauliflower heads on a cutting board, stem-side down. Using a large chef's knife, cut two 1-inch-thick slices from the center of each head to make 4 "steaks." Place the steaks on the prepared baking sheet. Brush both sides with 2 tablespoons oil and sprinkle with ¼ teaspoon each salt and pepper. Roast until the stems are tender and the steaks are golden brown, 25 to 30 minutes.

4. Cut the remaining cauliflower into florets and pulse in a food processor, 2 cups at a time, until chopped into rice-size pieces. Transfer to a large bowl and wipe out the food processor.

5. Add almonds, hazelnuts and garlic to the food processor; pulse until finely chopped. Add roasted peppers, vinegar, tomato paste, paprika and cayenne to taste; process to combine, scraping down the sides as needed. With the motor running, add 3 tablespoons oil and process until well combined.

6. Heat the remaining 3 tablespoons oil in a large skillet over medium-high heat. Add the diced cauliflower leaf ribs and cook, stirring, until soft and starting to brown, 2 to 3 minutes. Add the slivered cauliflower greens, cauliflower rice, scallions and the remaining ¼ teaspoon each salt and pepper; cook, stirring, until the cauliflower is tender, about 5 minutes. Remove from heat and stir in parsley and Parmesan.

7. Transfer the cauliflower rice mixture to a large serving platter. Top with the cauliflower steaks and the romesco sauce.

SERVES 8: ½ cauliflower steak, ⅔ cup "rice" and 2½ Tbsp. sauce each

CAL 259 / **FAT** 20G (SAT 3G) / **CHOL** 3MG / **CARBS** 14G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 4G / **SODIUM** 396MG / **POTASSIUM** 574MG.

ROASTED CARROT TART WITH CARROT-GREEN PESTO (PAGE 66)

Coriander-Crusted Cod with Leeks Two Ways

ACTIVE 35 min **TOTAL** 1¼ hrs

Recipes usually tell you to discard the dark green leek tops. Show them some love! Cooking them a bit longer makes them meltingly delicious. They're also high in fructans, a type of prebiotic fiber that contributes to good gut health.

- 2 large *or* 4 small leeks (1½–2 pounds total)
- 6 sprigs fresh thyme, plus more for garnish
- 6 tablespoons extra-virgin olive oil, divided
- ½ cup dry white wine
- ¼ cup water
- ½ teaspoon salt plus a pinch, divided
- ½ teaspoon ground pepper, divided
- 2 teaspoons coriander seeds
- 1¼ pounds cod, cut into 4 portions
- 2 teaspoons Dijon mustard

1. Preheat oven to 375°F.
2. Trim leek roots and any brown tips off the greens and discard. Cut off 2 inches of the white ends and cut into thin strips; set aside. Cut the remaining light and dark green portions in half lengthwise and rinse well to clean between the layers without pulling them apart. Pat dry. *(See "How to Prep Leeks," page 100.)*
3. Arrange the leek greens cut-side down in a 9-by-13-inch glass or ceramic baking dish. Nestle thyme sprigs between them and drizzle with 3 tablespoons oil, wine and water. Sprinkle with ¼ teaspoon each salt and pepper. Cover tightly with foil and transfer to the oven.
4. Braise the leeks until very soft and starting to brown, about 45 minutes. Uncover and continue baking until the liquid has evaporated and the leeks are lightly browned, 15 to 20 minutes more.
5. Meanwhile, toast coriander seeds in a large nonstick skillet over medium heat for 1 minute. Transfer to a mortar and pestle and lightly crush or coarsely grind in a spice grinder.
6. Add the remaining 3 tablespoons oil to the pan over medium-high heat. Add the reserved leek whites and cook, stirring frequently, until browned and crisp, 3 to 5 minutes. Remove from heat. Using a slotted spoon, transfer the frizzled leeks to a paper-towel-lined plate, leaving as much of the oil in the pan as possible. Sprinkle the leeks with a pinch of salt.
7. Season cod with the remaining ¼ teaspoon each salt and pepper. Return the pan to medium-high heat. Add the cod to the hot oil and cook for 4 minutes. Turn the cod over, brush with mustard and sprinkle with the coriander. Cook until the fish flakes easily with a fork, 2 to 4 minutes more.
8. Divide the braised leeks among 4 plates. Top with the cod and frizzled leeks. Garnish with thyme, if desired.

SERVES 4: 4 oz. cod, 1 cup braised leeks & ¼ cup frizzled leeks each

CAL 338 / **FAT** 22G (SAT 3G) / **CHOL** 56MG / **CARBS** 12G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 20G / **FIBER** 2G / **SODIUM** 446MG / **POTASSIUM** 452MG.

USE IT UP MORE WAYS TO MAKE THE MOST OF YOUR VEGETABLE BOUNTY

KALE RIBS

Roasted with balsamic vinegar and tossed with Parmesan cheese

Wrapped with prosciutto and baked

Baked into a quiche

On top of a pizza

BROCCOLI STEMS

Mashed with butter

Sautéed with garlic

Shredded into slaw

Stir-fried with oyster sauce

COLLARD STALKS

Sautéed with bacon and cider vinegar

Stir-fried with fish sauce and lime juice

Braised with white wine and herbs

Added to an omelet

Added to split pea soup

CARROT TOPS

Added to green sauces, such as chimichurri

Fried to make crisp garnishes

Added to salads

Chopped into tabbouleh

Tossed with parsley, oranges and red onion

LEEK TOPS

Sautéed with sesame oil and peanuts

Roasted under a chicken

Caramelized into onion jam

Stir-fried with celery, pork and cashews

Added with other onions to French onion soup

CAULIFLOWER STEMS

Pureed with leeks to make a creamy soup

Steamed and pureed with roasted garlic

Roasted with olive oil and rosemary

Spiralized and roasted, served with aioli

Farro, Kale & Squash Salad

ACTIVE: 1 hr **TOTAL:** 1 hr

After a good charring in the skillet, kale stems add a tender-crisp bite and touch of smokiness to this salad. (Photo: page 61.)

FARRO

- ¾ cup farro
- 1½ cups water
- Pinch of salt

SQUASH

- 4 cups cubed butternut squash (¼-inch)
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

KALE

- 7 tablespoons extra-virgin olive oil, divided
- 5 tablespoons red-wine vinegar
- 3 large cloves garlic, minced
- 2 tablespoons minced shallot
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt plus ⅛ teaspoon, divided
- ¼ teaspoon ground pepper plus ⅛ teaspoon, divided
- 1 bunch kale (about 8 ounces)
- 1¼ cups water, plus more as needed
- ½ cup crumbled feta cheese
- ¼ cup toasted pepitas

1. Preheat oven to 425°F. Coat a large rimmed baking sheet with cooking spray.

2. To prepare farro: Toast farro in a medium saucepan over medium heat until lightly fragrant, about 2 minutes. Add 1½ cups water and a pinch of salt. Bring to a boil. Reduce heat to a gentle simmer, cover and cook until the farro is tender, 25 to 35 minutes. Drain, if necessary, fluff with a fork.

3. To prepare squash: Meanwhile, toss squash with 1 tablespoon oil and ¼ teaspoon each salt and pepper. Spread on the prepared baking sheet and roast, stirring once or twice, until tender, 20 to 25 minutes.

4. To prepare kale: Combine 6 tablespoons oil, vinegar, garlic, shallot, mustard and ¼ teaspoon each salt and pepper in a large bowl. Separate kale leaves from stems. Slice the leaves crosswise into strips and add to the bowl. Massage the dressing into the leaves until the volume is reduced by half.

5. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the kale stems and the remaining ⅛ teaspoon each salt and pepper. Cook, stirring occasionally, until lightly charred, 1 to 2 minutes.

6. Add ¼ cup water, cover and cook for 2 minutes. Repeat four or five more times, each time adding ¼ cup water and steaming for 2 minutes, until the kale stems are tender. Transfer to a cutting board and slice on the diagonal into 2-inch pieces.

7. To assemble: Stir the farro and squash into the kale salad; arrange on a platter. Serve topped with the kale stems, feta and pepitas.

SERVES 6: 2 cups each

CAL 372 / **FAT** 25G (SAT 5G) / **CHOL** 11MG / **CARBS** 31G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 8G / **FIBER** 6G / **SODIUM** 450MG / **POTASSIUM** 436MG

Roasted Carrot Tart with Carrot-Green Pesto

ACTIVE: 1 hr **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Refrigerate pesto (Step 3) for up to 5 days or freeze for up to 3 months.

The green tops from carrots become a key player in this pesto. Untrimmed carrots can be tough to find, but when you do, cut off the tops and store separately or they'll draw moisture from the carrots. If you don't have carrot greens, use 1 cup of parsley instead. (Photo: page 64.)

- 10 medium carrots with greens, preferably multicolored (about 1 pound)
- 6 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- ¼ cup fresh dill, plus more for garnish
- ¼ cup fresh tarragon, plus more for garnish
- ¼ cup grated Parmesan cheese
- 2 tablespoons slivered almonds, toasted
- 1 clove garlic
- 1 sheet frozen puff pastry (about 8½ ounces), thawed
- 6 tablespoons whole-milk ricotta
- 1 tablespoon minced shallot

1. Preheat oven to 400°F. Coat a large rimmed baking sheet with cooking spray. Line another baking sheet with parchment.

2. Cut greens off carrots if still attached; reserve. Halve the carrots lengthwise and toss with 1 tablespoon oil and ¼ teaspoon each salt and pepper in a large bowl. Transfer to the sprayed baking sheet. Roast, stirring occasionally, until tender when pierced with a paring knife, 20 to 25 minutes.

3. Meanwhile, place 1 cup of the reserved carrot greens, dill, tarragon, Parmesan, almonds, garlic and the remaining ¼ teaspoon salt and pepper in a food processor. Pulse until coarsely chopped, scraping down the sides once or twice. With the motor running, add the remaining 5 tablespoons oil and continue to process until well combined. Set aside.

4. Roll puff pastry on a lightly floured surface into a 12-by-10-inch rectangle. Transfer to the parchment-lined baking sheet. Using a sharp paring knife, lightly score a ½-inch border all around the edge of the pastry. Prick with a fork everywhere but the border. Bake until puffy and lightly browned, 10 to 12 minutes. Use the fork to press the dough within the border so it's flat, leaving the border puffed.

5. Combine ricotta and shallot in a small bowl. Evenly spread the mixture on the pastry, then spread 5 tablespoons of the carrot-green pesto over it. Arrange the roasted carrots in a single layer on the pesto.

6. Bake the tart until the crust is golden brown, 15 to 20 minutes. While still warm, brush the carrots with 1 tablespoon of the pesto (reserve the remaining pesto for another use). Garnish with more carrot greens, dill and tarragon, if desired. Cut into 6 squares.

SERVES 6: 1 square each

CAL 374 / **FAT** 27G (SAT 5G) / **CHOL** 9MG / **CARBS** 27G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 3G / **SODIUM** 342MG / **POTASSIUM** 315MG.

Chicken & Collard Green Spring Rolls

ACTIVE: 1 hr 10 min **TOTAL:** 1 hr 10 min
TO MAKE AHEAD: Refrigerate spring rolls and peanut sauce separately for up to 1 day.

A quick pickling turns collard stems from trash to a treasure, adding a pleasant tang to these leaf-wrapped spring rolls.

- **10 collard leaves (about 8 ounces)**
- **½ cup rice vinegar**
- **3½ cups water, divided**
- **1 tablespoon light brown sugar**
- **¼ cup smooth natural peanut butter**
- **¼ cup reduced-sodium tamari**
- **1 large clove garlic, minced**
- **3 scallions, trimmed and cut into 2-inch pieces**
- **1 stalk lemongrass, cut into 2-inch pieces**
- **1 1-inch piece fresh ginger, sliced**
- **1 pound boneless, skinless chicken breast, trimmed**
- **⅛ teaspoon salt**
- **2 ounces thin rice noodles *or* rice sticks**
- **2 tablespoons toasted sesame oil, divided**
- **1 cup grated beet**
- **1 cup grated carrot**
- **¼ cup fresh basil leaves**
- **¼ cup fresh mint leaves**
- **1 tablespoon sesame seeds**

1. Bring a large pot of water to a boil. Set a large bowl of ice water next to the stove. Lay a collard green flat, with the thicker part of the stem that runs down the middle of the leaf facing up and the shiny, bright green side down. Using a sharp knife, shave off the thick stem so it's almost flush with the leaf. Trim any of the remaining stem from the base of the leaf, reserving all shaved and trimmed pieces. Repeat with the remaining leaves. Cut all the stem pieces into 2- to 3-inch lengths.

2. Cook the leaves in the boiling water in 3 batches until soft but still pliable, 1 to 2 minutes, then transfer to the ice water until cool. Drain and pat dry.

3. Bring vinegar, ½ cup water and brown sugar to a boil in a small saucepan. Add the collard stems and reduce heat to maintain a simmer. Cover and cook until tender, about 15 minutes. Remove from heat and let stand for 10 minutes. Remove the stems from the pickling liquid and set aside.

4. Transfer ¼ cup of the pickling liquid to a small bowl (discard the remaining liquid). Whisk in peanut butter, tamari and garlic. Set aside.

5. Combine the remaining 3 cups water, scallions, lemongrass and ginger in a large saucepan. Bring to a boil. Add chicken and reduce heat to maintain a bare simmer; cook until an instant-read thermometer inserted in the thickest part of the meat registers 165°F, 12 to 15 minutes. Transfer the chicken to a clean cutting board. Shred and season with salt.

6. Using a slotted spoon, remove the solids from the chicken-poaching liquid and discard. Return the liquid to a boil. Add noodles and cook according to package directions. Drain, transfer to a bowl and toss with 1 tablespoon sesame oil.

7. To assemble spring rolls: Lay a collard leaf on a clean cutting board. Place 2 tablespoons chicken in the center and top with about 1 tablespoon each of the noodles, beet, carrot, basil, mint and pickled stems. Fold both sides of the leaf over the filling and, starting with the open end closest to you, roll into a tight cylinder. Repeat with the remaining leaves and filling. Brush the rolls with the remaining 1 tablespoon sesame oil and sprinkle with sesame seeds. Serve with the reserved peanut sauce.

SERVES 5: 2 rolls & 2 Tbsp. sauce each

CAL 325 / **FAT** 15G (SAT 3G) / **CHOL** 50MG / **CARBS** 22G / **TOTAL SUGARS** 5G (ADDED 1G) / **PROTEIN** 25G / **FIBER** 4G / **SODIUM** 768MG / **POTASSIUM** 533MG

Soup Sw

It's the recipe for a perfect party: Each of you simmers up a soup. You put out the wine, cheese and crackers. Everyone leaves with a smile and a stash of ready-made meals. Talk about friends with benefits!

By Kathy Gunst // Photography by Karla Conrad

A few years back, a friend called and asked me to be part of a soup swap. I figured it was just another version of a potluck (and, after living in New England for over 30 years, I am just plain old sick of potlucks), but I let her explain. What if we each made a large pot of soup, got together at a different person's home each winter month and had a party? At the end of the night, she said, we all go home with many different types of soup. You cook once, get to hang out with friends, and fill your fridge and freezer with a bunch of meals. Do the math. It's a win-win.

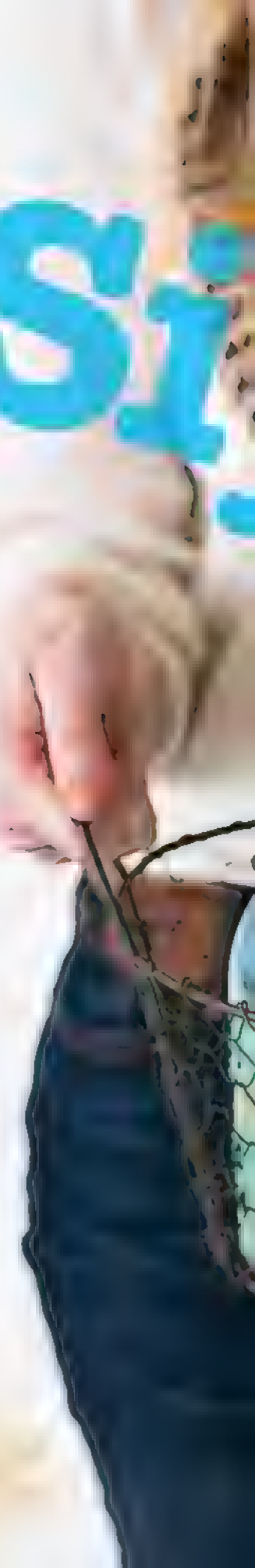
Winter in my small town in southern Maine can be cold, gloomy and isolating. A soup swap sounded like a great way to give the season new focus. All that winter (and for years after), 12 of us got together on the second Sunday of each month. Bundled up, we trekked through blizzards and sub-zero temperatures schlepping pots of soups to one another's kitchens.

At first the soups were basic—chicken noodle, tomato, vegetable purees. But everyone became more adventurous with each swap. "I started using new herbs and spices, and got into experimenting," said a friend who was part of our group. "I just started cooking more, in general," said another.

Each time I arrived at a friend's house and there were pots simmering on the stove, many bottles of wine and local beer chilling, I tended to forget about the weather. The gray world suddenly smelled like sweet, earthy winter onions, simmering chicken, chiles and mushrooms.

One of the rituals we developed at our swaps was to share a story about the inspiration for the soup we brought. Some of these stories involved finding a special ingredient at a winter farmers' market or discovering a new recipe on travels. But the majority of the soups, and the stories that went along with them, had to do with family traditions and nostalgia.

Much has been written about soup as comfort food (its healing properties are undisputed), but there's also no denying soup's ability to evoke powerful memories. The Campbell's tomato soup and grilled cheese sandwiches that my mother served up, the rich bread-and-cheese-crowned French onion soup I tasted on my first trip to France and the matzo ball soup with fresh dill my mother-in-law taught me to cook for Passover were some of what inspired me. And, of course, there were the soups I



made for my own daughters when they were young and craved the salty canned variety their friends were eating. Slowly, over time, they took to loving their mother's homemade versions.

After a year of trading soups, recipes and stories with friends, I decided to write a book about this tradition. *Soup Swap* is more than a collection of favorite soup recipes; it's also a guide to throwing your own soup swap and learning how to build community—whether it's with neighbors, family or your book club.

At the end of every gathering, when I braved the elements to return home with my stash—a Turkish vegetable soup with lamb and beef meatballs, a roasted pumpkin soup for lunch the next day and a hearty cauliflower soup for dinner the day after that (not to mention a freezer filled with the others)—I knew I had meals to last all week, but so much more.

I like to think that soup is capable of more than just sustenance; it also feeds your soul. Sharing soup with friends and neighbors, and going home with the leftovers, is like taking home bowls of friendship and comfort, nutrition and warmth.

KATHY GUNST *is a James Beard Award winning writer. She lives and swaps soups in South Berwick, Maine.*

Roasted Pumpkin Soup with Glazed Pepitas

ACTIVE: 1 hr **TOTAL:** 1½ hrs
TO MAKE AHEAD: Refrigerate soup for up to 3 days or freeze for up to 3 months. Store pepitas at room temperature for up to 3 days.
EQUIPMENT: Parchment paper

You'll need a pie pumpkin, not the carving kind, for this recipe. Roasting brings out a sweet, almost smoky flavor and creates a soup with depth and character. Store-bought pepitas are a good topper, but the homemade glazed ones here are really special.

- **1 7-pound pie pumpkin *or* winter squash, peeled, seeded and cut into 1-inch pieces (about 18 cups; *see Tip, page 100*)**
- **2 medium onions, thinly sliced**
- **½ cup extra-virgin olive oil plus 1 tablespoon, divided**
- **4 tablespoons chopped fresh sage, divided**
- **4 tablespoons chopped fresh thyme, divided**
- **2¼ teaspoons kosher salt, divided**
- **1 teaspoon ground pepper plus a pinch, divided**
- **⅔ cup dry white wine**
- **¼ cup pepitas**
- **3 tablespoons maple syrup**
- **8 cups low-sodium no-chicken broth**
- **1 cup water**

1. Position racks in upper and lower thirds of oven; preheat to 450°F. Coat 2 large rimmed baking sheets with cooking spray.

2. Toss pumpkin (or squash) and onions with ½ cup oil, 3 tablespoons each sage and thyme and 1 teaspoon each salt and pepper in a very large bowl (you may need to do this in 2 batches). Divide between the prepared baking sheets. Roast, stirring once halfway and switching the pans from top to bottom and back to front, until lightly browned and tender, 25 to 30 minutes. Remove from the oven and immediately add ⅓ cup wine to each pan, scraping up any browned bits.

Planning Your Swap

As we chatted with staff and author Kathy Gunst about their techniques, it became clear that there are many lines of thought on the "right" way to throw a swap. Our take: there's no one right way. But it does pay to think through how you want the whole thing to go down and to lay out some guidelines for your party.

Want everyone to taste all of the soups at the party?
Yes. Then everyone should bring enough to share that night and a pot to heat it in. Plus they will also need to bring some soup (ideally separately, and already packaged) to send home with each guest. This approach can be tricky if you have lots of people and just one stove to heat all the soups. So it's better for smaller groups, say 6 or fewer.

No. Then everyone just brings their soup already packaged and labeled to send home with each guest. If this is the case, we suggest that the host serves their own soup on the night of the party, plus some salad, bread and cheese to go with it.

Do you have enough bowls and spoons for everyone? Mugs or ramekins make good stand-ins, especially if you're just having a small taste of each batch. They don't need to match. Wash spoons as you taste, if needed.

And, if you're serving a bunch of different soups to taste the night of the party, have each person bring their own ladle with their name on it.

How much to make? We like to send home about one quart (4 cups) of each soup for each person. So the totals depend on how many people are coming to the swap—a little math may be in order. The recipes in this story make 12 to 16 cups. So that's enough for 3 or 4 people.

Who makes what? If you want to make sure there's a nice balance of soups, let everyone sign up in a Google doc or use plain old email. Don't forget dietary restrictions, you'll need to plan for those. *—Jim Romanoff*

Play Tag

Between sips of soup and wine, arm your friends with paper, markers and ribbons so they can craft labels.

3. Meanwhile, heat the remaining 1 tablespoon oil in a small skillet over medium heat. Add pepitas, ¼ teaspoon salt and the remaining pinch of pepper; cook, stirring, until toasted, 2 to 4 minutes. Add maple syrup and cook, stirring, until well coated and lightly caramelized, 1 to 3 minutes more. Spread on a parchment-lined plate to cool.

4. Transfer the vegetables and any accumulated juices to a large stockpot and add broth and water. Stir in the remaining 1 tablespoon each sage and thyme and 1 teaspoon salt. Cover and bring to a boil over high heat. Reduce heat, partially cover and simmer for 15 minutes.

5. Puree the soup with an immersion blender or in batches in a regular blender. (Use caution when pureeing hot liquids.) Serve the soup topped with the glazed pepitas.

SERVES 12: 1½ cups soup & 1 Tbsp. pepitas each

CAL 194 / **FAT** 11G (SAT 2G) / **CHOL** 0MG / **CARBS** 19G / **TOTAL SUGARS** 9G (ADDED 3G) / **PROTEIN** 4G / **FIBER** 2G / **SODIUM** 475MG / **POTASSIUM** 649MG.

Roasted Cauliflower Soup with Parsley-Chive Swirl

ACTIVE: 50 min **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

Blitzed cauliflower gives this very easy soup its creamy taste without adding any dairy. To get the silkiest texture, puree the soup in a blender rather than using an immersion blender.

- **5 pounds cauliflower, cut into 1-inch florets (about 18 cups)**
- **2 large leeks, white and pale green parts only, halved lengthwise, rinsed and cut into ½-inch pieces**
- **1½ cups extra-virgin olive oil, divided**
- **1¾ teaspoons kosher salt, divided**
- **1¾ teaspoons ground pepper, divided**
- **2½ cups fresh parsley**
- **⅔ cup fresh chives**
- **12 cups low-sodium no-chicken *or* chicken broth**
- **5 teaspoons white-wine vinegar**

1. Preheat oven to 400°F. Coat 2 large rimmed baking sheets with cooking spray.

2. Toss cauliflower and leeks with ½ cup oil and 1¼ teaspoons each salt and pepper in a very large bowl (you may need to do this in 2 batches). Divide the vegetables evenly between the prepared baking sheets. Roast, switching the pans from top to bottom and back to front halfway, until soft and browned on the bottom, 25 to 30 minutes.

3. Meanwhile, place parsley, chives and the remaining ½ teaspoon each salt and pepper in a blender; pulse several times to chop, scraping down the sides once or twice. With the motor running, slowly add the remaining 1 cup oil and process until smooth. Transfer to a bowl and rinse out the blender.

4. Transfer the roasted vegetables to a large pot and add broth. Bring to a boil over high heat. Reduce heat, cover and simmer for 10 minutes. Puree the soup in batches in a blender. (Use caution when pureeing hot liquids.) Stir in vinegar. Serve with some of the herb sauce swirled on top.

SERVES 12: 1½ cups soup & 1 generous Tbsp. sauce each

CAL 329 / **FAT** 29G (SAT 4G) / **CHOL** 0MG / **CARBS** 16G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 482MG / **POTASSIUM** 621MG.

Matzo Ball Soup with Fresh Dill

ACTIVE: 1 hr **TOTAL:** 3 hrs

TO MAKE AHEAD: Refrigerate soup with matzo balls for up to 3 days. Freeze soup and matzo balls separately for up to 3 months.

The secret to light, fluffy matzo balls is twofold: using seltzer instead of tap water and letting the mixture rest in the refrigerator so it's fully hydrated before cooking. The vegetables can be finely sliced to make an elegant soup or coarsely chopped or sliced for a more rustic presentation.

MATZO BALLS

- 6 large eggs
- 6 tablespoons canola oil
- 1½ cups whole-wheat matzo meal
- ½ cup seltzer
- 1½ tablespoons minced fresh dill
- 1 teaspoon kosher salt
- ¼ teaspoon ground pepper

SOUP

- 6 pounds bone-in chicken pieces
- 6 medium carrots, very thinly sliced
- 4 stalks celery, very thinly sliced
- 3 medium onions, halved and very thinly sliced
- 3 small parsnips, peeled and very thinly sliced
- 6 whole peppercorns
- 2 bay leaves
- 2 teaspoons kosher salt
- 14 cups water
- ½ cup chopped fresh parsley plus 6 tablespoons, divided
- 6 tablespoons chopped fresh dill, divided

1. To prepare matzo balls: Whisk eggs in a large bowl. Add oil and whisk to combine. Add matzo meal, seltzer, minced dill, 1 teaspoon salt and pepper; mix until combined. Cover and refrigerate for at least 2 hours and up to 6 hours.

2. Meanwhile, to prepare soup: Place chicken, carrots, celery, onions, parsnips, peppercorns, bay leaves and salt in a large stockpot; add water. Bring to a boil over high heat, skimming any foam that rises to the surface. Reduce heat to low and add ½ cup parsley and 3 tablespoons dill. Partially cover and simmer for 1¼ hours.

3. Transfer the chicken to a large bowl and let cool. Skim fat off the soup, if desired.

4. While the chicken cools, bring a large pot of water to a boil over high heat. With wet hands and using a generous 2 tablespoons for each, form the matzo mixture into 16 balls about 2 inches in diameter. Add the matzo balls to the boiling water; return to a boil, then reduce heat to medium-low. Cover and cook for 25 minutes.

5. Remove the chicken from the bones. (Discard skin and bones.) Shred the chicken and stir into the soup.

6. Using a slotted spoon, transfer the cooked matzo balls to the soup. Return the soup to a simmer over medium heat. Mix the remaining 6 tablespoons parsley and 3 tablespoons dill. Serve the soup sprinkled with the herbs.

SERVES 16: 1½ cups soup & 1 matzo ball each

CAL 278 / **FAT** 12G (SAT 2G) / **CHOL** 157MG / **CARBS** 15G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 25G / **FIBER** 3G / **SODIUM** 490MG / **POTASSIUM** 416MG

New Mexico Green Chile & Pork Stew

ACTIVE: 1¼ hrs **TOTAL:** 2¾ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

This stew is best made ahead of time, so the flavors have more time to mingle in the refrigerator. Three types of chiles, both fresh and canned, bring different kinds of heat, earthiness and sweetness to the pot. If you can get Hatch chiles, by all means use them. Pepper aficionados love them so much they travel in droves to a New Mexico festival celebrating their fall harvest.

- 3 poblano peppers *or* Hatch chiles
- 4 tablespoons safflower oil, divided
- 5 pounds boneless pork shoulder, trimmed well and cut into 1-inch cubes
- 3 teaspoons kosher salt, divided
- 1 teaspoon ground pepper
- 3 large onions, finely chopped
- 5 cloves garlic, finely chopped
- 2 4½-ounce cans chopped roasted green chiles
- 2-4 tablespoons chopped jalapeño pepper, seeded if desired
- 1½ tablespoons dried oregano, preferably Mexican
- 2 bay leaves
- 4 cups low-sodium chicken broth *or* beef broth
- 4 cups water
- 1½ pounds potatoes, peeled and cut into ½-inch pieces
- ¼ cup chopped fresh cilantro, divided

1. Char peppers (or chiles) directly over a gas flame, flipping them over from time to time so they blacken on all sides, 4 to 5 minutes total. *(Alternatively, preheat broiler to high. Place peppers on a baking sheet and broil, turning*

occasionally, until the skin blisters, 6 to 10 minutes total.) Transfer to a medium bowl, cover with plastic wrap and steam for 5 minutes to loosen the skins. Remove and discard skin, core and seeds and coarsely chop the flesh. Set aside.

2. Heat 2 tablespoons oil in a large stockpot over medium-high heat. Season pork with 1½ teaspoons salt and pepper. Cook half the pork until browned on all sides, about 5 minutes. Transfer to a bowl. Repeat with 1 tablespoon oil and the remaining pork; transfer to the bowl.

3. Reduce heat to medium and add the remaining 1 tablespoon oil, onions and garlic; cook, stirring occasionally, until soft, about 5 minutes. Add the reserved peppers, canned chiles and jalapeño to taste; cook, stirring occasionally, for 5 minutes. Return the pork to the pot and add oregano, bay leaves, broth and water; bring to a boil. Reduce heat to low, partially cover and cook until the pork is just about fork-tender, 1¼ to 1½ hours.

4. Add potatoes and ½ cup cilantro; cover and cook over low heat until the potatoes are tender, 20 to 30 minutes more. Skim the fat from the top of the soup, if desired. Stir in the remaining 1½ teaspoons salt. Serve topped with the remaining ¼ cup cilantro.

SERVES 14: 1½ cups each

CAL 380 / **FAT** 22G (SAT 7G) / **CHOL** 99MG / **CARBS** 16G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 28G / **FIBER** 2G / **SODIUM** 570MG / **POTASSIUM** 614MG

Winter Vegetable Soup with Turkish Meatballs

ACTIVE: 1¼ hrs **TOTAL:** 1¾ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

The warming spices in these meatballs make this soup perfect for sub-zero nights. (Photo, page 1.)

SOUP

- **3 tablespoons extra-virgin olive oil**
- **2 medium leeks, white and pale green parts only, halved lengthwise, rinsed and thinly sliced**
- **1 medium onions, coarsely chopped**
- **5 cloves garlic, chopped**
- **6 medium carrots, thinly sliced**
- **4 stalks celery, thinly sliced**
- **1 medium parsnips, peeled and thinly sliced**
- **1½ teaspoons kosher salt**
- **1 teaspoon ground pepper**
- **1 pound potatoes, peeled and cut into ½-inch pieces**
- **1½ cups canned crushed tomatoes**
- **1½ tablespoons chopped fresh thyme**
- **8 cups low-sodium chicken broth**

MEATBALLS & GARNISH

- **¼ cup extra-virgin olive oil, divided**
- **1 medium onion, finely chopped**
- **1 scallion, finely chopped**
- **2 small cloves garlic, minced**
- **1 cup finely chopped fresh mint, divided**
- **¾ teaspoon kosher salt**
- **¾ teaspoon ground pepper**
- **¾ teaspoon ground cinnamon, divided**
- **¾ teaspoon ground cumin, divided**

1¼ pounds lean ground beef *and/or* lamb
¾ cup whole-wheat panko breadcrumbs
1 large egg plus 1 large egg white, lightly beaten
1½ cups whole-milk Greek yogurt

1. To prepare soup: Heat 3 tablespoons oil in a large stockpot over medium heat. Add leeks, 3 onions and 5 garlic cloves; cook, stirring occasionally, until soft but not brown, about 10 minutes. Add carrots, celery, parsnips, 1½ teaspoons salt and 1 teaspoon pepper; cook, stirring occasionally, for 3 minutes. Stir in potatoes. Increase heat to high and add tomatoes and thyme; cook, stirring occasionally, for 2 minutes. Add broth and bring to a boil. Reduce heat, partially cover and simmer for 20 minutes.

2. Meanwhile, to prepare meatballs: Heat 2 tablespoons oil in a large skillet over medium heat. Add onion, scallion and garlic; cook, stirring, for 5 minutes. Add 2 tablespoons mint, salt, pepper and ½ teaspoon each cinnamon and cumin; cook, stirring, for 1 minute. Scrape into a large bowl and let cool slightly. Wash and dry the pan.

3. Add beef (and/or lamb), panko, eggs, 2 tablespoons mint and the remaining ¼ teaspoon each cinnamon and cumin to the onion mixture. Mix until well incorporated. Using a generous 1 tablespoon for each, form into 28 meatballs.

4. Heat 1 tablespoon oil in the pan over medium-high heat. Reduce heat to medium and add half the meatballs. Cook, turning occasionally, until browned on all sides but not cooked through, 6 to 8 minutes. Transfer to the soup. Repeat with the remaining 1 tablespoon oil and meatballs. Simmer the soup until the meatballs are cooked through, about 15 minutes. Serve the soup topped with yogurt and the remaining ¾ cup mint.

SERVES 14: 1½ cups each

CAL 299 / **FAT** 14G (SAT 4G) / **CHOL** 43MG / **CARBS** 28G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 17G / **FIBER** 6G / **SODIUM** 487MG / **POTASSIUM** 814MG

Six-Onion Soup with Parmesan Croutes

ACTIVE: 45 min **TOTAL:** 3 hrs

TO MAKE AHEAD: Refrigerate soup for up to 3 days or freeze for up to 3 months.

Sixteen cups of sweet onions may look like a huge amount, but they cook way down to create this very aromatic and warming winter soup. Parmesan croutes are a lighter topping than the traditional blanket of bread and cheese.

SOUP

6 tablespoons extra-virgin olive oil, divided
8 cups halved and thinly sliced leeks, white and pale green parts only
2½ cups thinly sliced shallots
1 bunch scallions, thinly sliced
8 cloves garlic, thinly sliced
16 cups halved and thinly sliced sweet onions
8 cups halved and thinly sliced red onions
2 teaspoons kosher salt
1 teaspoon ground pepper
½ cup finely chopped fresh parsley
2 tablespoons finely chopped fresh thyme
¾ cup cognac *or* dry sherry
10 cups low-sodium beef broth

PARMESAN CROUTES

12 slices whole-grain baguette (½ inch thick)
2 tablespoons extra-virgin olive oil
1 cup grated Parmesan cheese

1. To prepare soup: Heat 3 tablespoons oil in a large stockpot over medium heat. Add leeks and cook, stirring occasionally, until softened but not browned, 8 to 10 minutes. Add shallots, scallions and garlic; cook, stirring, for 1 minute. Add sweet onions, red onions, salt, pepper and the remaining 3 tablespoons oil; stir to combine. Cook, stirring occasionally, until the onions are reduced by half and very juicy, about 45 minutes.

2. Add parsley and thyme; cook, stirring occasionally, until the mixture is deeply browned, 35 to 45 minutes more.

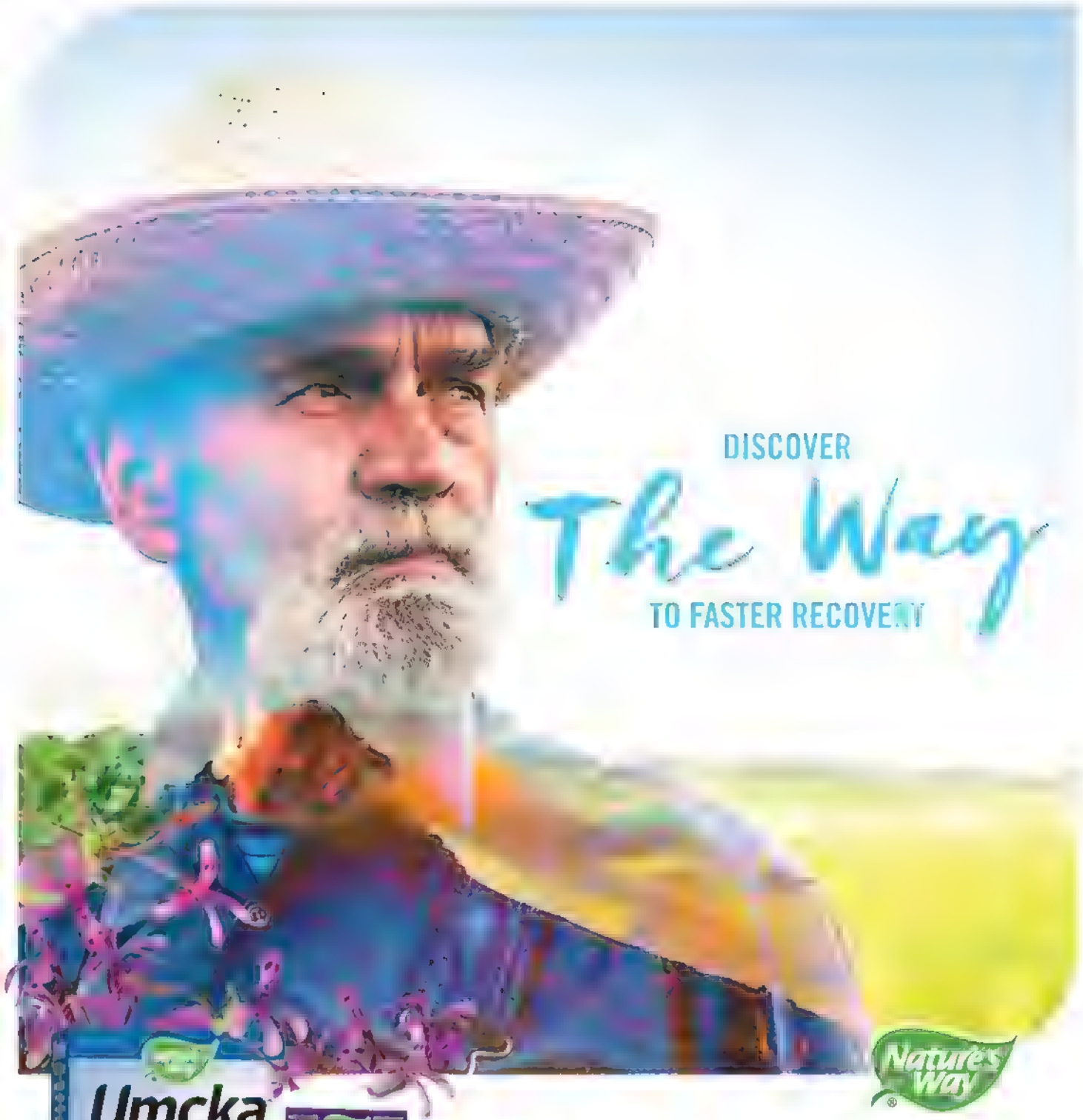
3. Increase heat to high and add cognac (or sherry). Cook, scraping up any browned bits, for 1 minute. Add broth, cover and bring to a boil. Reduce heat, partially cover and simmer for 15 minutes.

4. To prepare croutes: Just before serving, position a rack in upper third of oven; preheat broiler on low. Place baguette slices on a baking sheet and brush one side with oil. Broil until golden brown, 4 to 6 minutes. Turn the slices over and top each with a generous 1 tablespoon Parmesan. Broil until the cheese is melted, 4 to 6 minutes more. Serve the soup topped with croutes.

SERVES 12: 1½ cups soup & 1 croute each

CAL 366 / **FAT** 13G (SAT 3G) / **CHOL** 6MG / **CARBS** 51G / **TOTAL SUGARS** 18G (ADDED 1G) / **PROTEIN** 12G / **FIBER** 8G / **SODIUM** 667MG / **POTASSIUM** 880MG.

Wine Pairings



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spice genius

Bold flavors and nuanced spice combinations are hallmarks of Ethiopian cuisine. Here chef Fetlework Tefferi shares some of her favorites from this intoxicatingly aromatic cuisine.

Fetlework Tefferi stands at the stove inside Brundo, her Oakland, California, spice shop, stirring ginger, garlic and turmeric into a pot of sautéing onions. She breathes in deeply as the aroma permeates the room. Known as *kulet* in Ethiopia, this and its other iterations made with berbere spice, seasoned oil or butter, form the base of many Ethiopian dishes. At Café Colucci, her restaurant next door, Tefferi will use this ginger-turmeric kulet to make *doro alicha*, a chicken stew with hard-boiled eggs. Next she'll make one spiced with berbere, which will be transformed into *doro wot*, the spicy chicken stew that's considered the national dish of Ethiopia.

Her two businesses—the spice shop and restaurant—are inextricably intertwined. Brundo's shelves brim with packages of *kosseret*, a sage-like herb that flavors clarified butter used in the breakfast porridge called *kinche*, and *gesho entchet*, hops for brewing beer and honey wine. In order to preserve traditional agrarian ways and ensure her businesses had a steady supply of quality ingredients, Tefferi started Brundo International in 2009 in the central Ethiopian town of Modjo. The nearly all-female-run spice company employs 29 women in Ethiopia, who grind spices grown by local farmers and mix them into various blends. Tefferi also helps to foot the costs of uniforms and a lunch program at the nearby school, which their children attend.

By Carolyn Jung

RECIPES BY FETLEWORK TEFFERI
LOCATION PHOTOS BY MARC OLIVIER LE BLANC

FOOD PHOTOGRAPHY BY
ELLEN SILVERMAN
FOOD STYLING BY CHRISTINE ALBANO
PROP STYLING BY KAITLYN DU ROSS WALKER

Open the door of an Ethiopian restaurant and you'll be met with aromas that are both foreign and familiar at the same time. Trade in your fork for a piece of the spongy, fermented bread injera, which is used to scoop up the fragrant dishes. The cuisine is inherently healthy and rich in vegetables, whole grains and legumes.

Kinche

Ethiopian Spice Pantry

1 **Makulaya alicha spice blend** is made with turmeric, garlic, ginger and white cumin.

2 Cinnamon, cardamom, black pepper and long pepper make up **mekelesha finishing spice mix.**

3 **Tikur azmud,** aka black cumin seeds, are often used to flavor breads and clarified butter.

4 **Berbere,** the main spice blend used in Ethiopian cooking, gets its fiery color and flavor from chile peppers.

5 **Niter kibbe** is clarified butter seasoned with cardamom and a sage-like herb called kosseret.

6 **Matafecha** seasons many Ethiopian red sauces and includes cinnamon, clover, long pepper and cardamom.

7 Rich, smoky **makulaya wot spice blend** is made with toasted fenugreek and roasted shallots.

8 **Netch azmud** are white cumin seeds, which are commonly used in light sauces and breads.

Find these and other Ethiopian products at *brundo.com*.

Tefferi knows the plight of women in Ethiopia all too well. When revolution began brewing in her home country, she was only a teenager. Her parents scattered her and her siblings to safety in the United States and Europe. She became one of the more than 250,000 Ethiopian immigrants and their children now living in the United States.

When Tefferi left, her mother pressed a precious farewell gift into her hands: five small bags filled with spices. She had no inkling those spices would give her a new life. All she knew then was that she held something dear. "Spices are critical to Ethiopian food," she explains. "Just one pinch can influence everything."

She was taken in by a French-speaking family in Michigan. The winters weren't the only thing she had to get used to. "They cooked pizza for my first meal. I had a fit. What is this gooey stuff?" Tefferi says with amusement now

Her host mother safely stored those spices in the freezer, and repackaged some in tiny containers that Tefferi toted in her purse. When the family ate at a restaurant, her host mother encouraged Tefferi to dig into her stash to season her food as she liked. Those spices lasted two years.

After college Tefferi went into banking and relocated to San Francisco. Two of her friends were opening a restaurant and asked for her help. The irony? It was a pizza joint.

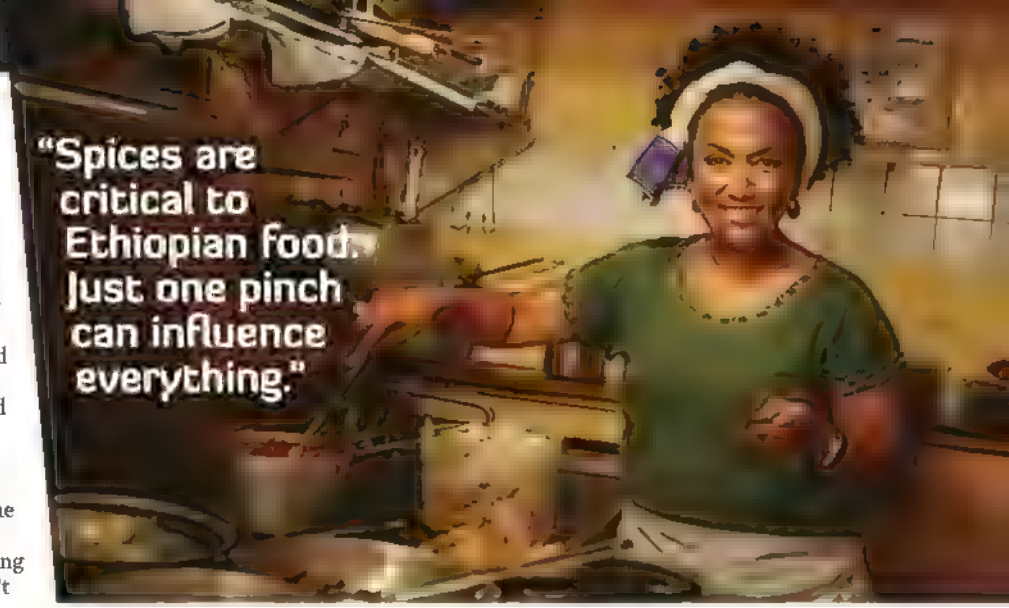
Tefferi started doing a little cooking at the café, peppering Ethiopian dishes onto the Italian menu. Ethiopians who ventured in loved her *kitfo*, a spiced steak tartare. "I started making more Ethiopian food until the only Italian dish left on the menu was spaghetti," she says.

Café Colucci is now a second home to many Ethiopians in the Bay Area. Yonas Gebreegziabher, 35, has been dining there ever since he arrived from Ethiopia 16 years ago. "My aunt brought me straight here from the airport. It was my first dinner in America," he says. Even though he now lives more than two hours away, Gebreegziabher still drives here monthly to indulge in the vegan sampler of *shouro mitten* (chickpea flour cooked with berbere), turmeric-sautéed vegetables and *gomen* (collard greens with black cumin)

Her parents never saw Café Colucci, but Tefferi honors her mother's memory here every time she stirs a pot of kulet, which she purposely takes charge of making at the restaurant.

"So my mom is the base of everything we do," Tefferi says. "Without her bags of spices, this would have never happened Money comes and goes. But you live through food."

James Beard Award-winning food writer **CAROLYN JUNG** *is based in the San Francisco Bay Area. Find her at* FoodGal.com.



Messer Wot (Spiced Lentils)

ACTIVE: 1 hr **TOTAL:** 1 hr

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months

Red lentils get plenty of heat from berbere spice. You can balance the heat by stirring in some chopped tomato before serving (Photo: page 78.)

- **1 cup red lentils**
- **1¼ cups minced shallots *or* red onion**
- **3 cups water, divided**
- **2 tablespoons berbere spice blend *(see page 80) or* hot chili powder**
- **½ teaspoon makulaya wot spice blend *(see page 80) or* equal parts ground cardamom and fenugreek**
- **2 tablespoons minced garlic**
- **¼ cup extra-virgin olive oil**
- **½ teaspoon mekelesha finishing spice mix *(see page 80) or* equal parts ground pepper and cinnamon**
- **½ teaspoon sea salt**

1. Rinse lentils in hot water until the water is clear. Transfer to a bowl, cover with water and let soak for 20 minutes. Drain well.

2. Meanwhile, cook shallots (or onion) in a large pot, covered, until starting to soften, 3 to 5 minutes. Stir in ½ cup water, cover and cook until the water evaporates, about 5 minutes. Add another ½ cup water and cook, uncovered and stirring often, until the shallots are soft and translucent, 5 to 10 minutes more.

3. Stir in berbere (or chili powder) and cook, stirring, until it looks like a thick paste, about 1 minute. Stir in makulaya wot (or cardamom and fenugreek) and cook, stirring, for 1 minute. Stir in garlic and cook, stirring, for 1 minute. If the sauce is too dry, add additional warm water by the ¼ cup.

4. Stir in the lentils. Thoroughly stir in oil and cook for 2 minutes. Pour in the remaining 2½ cups warm water and bring to a simmer. Cook, stirring frequently, until the lentils are tender 15 to 20 minutes. Stir in mekelesha (or pepper and cinnamon) and salt.

SERVES 8: ½ cup each

CAL 358 / **FAT** 15G (SAT 2G) / **CHOL** 0MG / **CARBS** 43G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 14G / **FIBER** 8G / **SODIUM** 464MG / **POTASSIUM** 522MG

Doro Alicha (Chicken with Onions & Spiced Butter Sauce)

ACTIVE: 1 hr **TOTAL:** 1¾ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days.

This milder version of the classic Ethiopian chicken stew, doro wot, trades berbere spice for a mild turmeric sauce heady with ginger and garlic. (Photo: page 78.)

- **4 bone-in chicken leg quarters (2½-3 pounds), skin removed, trimmed**
- **2 tablespoons lemon juice**
- **1 teaspoon sea salt**
- **3 cups minced yellow onions**
- **3-5 cups warm water, divided**
- **¼ cup niter kibbe *(see page 80) or* clarified butter**
- **½ cup minced fresh ginger**
- **2½ tablespoons minced fresh garlic**
- **1 teaspoon ground turmeric**
- **1 teaspoon makulaya alicha spice blend *(see page 80) or* equal parts dried basil and thyme**
- **1 teaspoon matafecha *(see page 80) or* equal parts ground white pepper, cardamom and cinnamon**
- **1 cup tej (Ethiopian honey wine), mead *or* dry white wine**
- **2 large eggs**

1. Place chicken in a large shallow nonreactive dish and rub with lemon juice and salt. Set aside, turning the chicken occasionally.

2. Place onions in a large heavy pot over medium heat and cook, stirring often, for 5 minutes. Add ¼ cup water and continue cooking, stirring often and adding more water by the ¼ cup as needed to prevent browning, until very soft and translucent, 15 to 20 minutes. Add niter kibbe (or clarified butter) and ginger; reduce heat to medium-low and cook, stirring often, for 10 minutes more. Increase heat to medium and stir in garlic, turmeric, makulaya (or basil and thyme) and matafecha (or white pepper, cardamom and cinnamon); cook, stirring for 1 minute. Add tej (or mead or wine) and cook, stirring often, for 5 minutes.

3. Nestle the chicken (and any accumulated liquid from the dish) into the onion sauce. Pour in enough water to almost cover the chicken.

Bring to a simmer over high heat. Reduce heat to maintain a simmer and cook, turning the chicken occasionally, until an instant-read thermometer inserted in the thickest part without touching bone registers at least 165°F, 15 to 25 minutes.

4. Meanwhile, hard-boil eggs: Place in a saucepan and cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, drain and cover the eggs with ice-cold water; let stand until completely cooled. Peel.

5. Transfer the chicken to a clean bowl; cover to keep warm. Bring the sauce to a boil over high heat; cook until reduced by about half, 15 to 20 minutes. Reduce the heat to a gentle simmer. Add the eggs to the sauce and simmer, gently turning once or twice, for 4 minutes. Cut the eggs in half and serve with the chicken and sauce in shallow bowls.

SERVES 4: 1 chicken leg, ½ egg & ½ cup sauce each

CAL 483 / **FAT** 27G (SAT 12G) / **CHOL** 278MG / **CARBS** 20G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 36G / **FIBER** 3G / **SODIUM** 454MG / **POTASSIUM** 634MG.

Kinche (Cracked Wheat)

ACTIVE: 10 min **TOTAL:** 20 min

These buttery grains are often served for breakfast in Ethiopia, but you can also top it with other dishes like messer wot or gomen for lunch or dinner and eat it in place of the traditional flat bread, injera. (Photo, page 79.)

- **1¼ cups cracked wheat, such as bulgur *or* freekeh, *or* barley grits**
- **2 cups water**
- **¼ cup niter kibbe (*see page 80*), clarified butter *or* olive oil**
- **½ teaspoon sea salt**

1. Rinse cracked wheat (or barley grits) until the water runs clear. Drain well.

2. Combine the wheat (or barley grits) and 2 cups water in a large saucepan. Bring to a boil. Reduce heat to maintain a gentle simmer, cover and cook until fluffy and tender, about 10 minutes for bulgur or barley grits, 20 minutes for freekeh. Remove from heat and let stand, covered, for 5 minutes. Stir in niter kibbe (or butter or oil) and salt.

SERVES 8: ½ cup each

CAL 139 / **FAT** 7G (SAT 4G) / **CHOL** 11MG / **CARBS** 17G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 75MG / **POTASSIUM** 90MG

Fossolia (Ethiopian-Style Green Beans)

ACTIVE: 1 hr **TOTAL:** 1 hr

Like many Ethiopian dishes, this one has endless variations depending on who's cooking it. Green beans are always the star, most often along with carrots and rosemary. Teffeni likes to add potatoes or cabbage to it. (Photo, page 78.)

- **1 pound green beans, trimmed and halved**
- **1 medium tomato**
- **4 tablespoons extra-virgin olive oil, divided**
- **1 cup sliced yellow onion**
- **½ cup minced fresh ginger**
- **2½ tablespoons minced fresh garlic**
- **2 tablespoons water, plus more as needed**
- **1 sprig fresh rosemary**
- **1 teaspoon makulaya alicha spice blend (*see page 80*) *or* equal parts dried basil and thyme**
- **½ teaspoon sea salt**
- **¼ teaspoon ground cumin**

1. Place green beans in a large bowl, cover with hot water and let soak for at least 10 minutes. Drain and pat dry.

2. Meanwhile, heat a large skillet over medium-high heat. Add tomato and cook, turning frequently, until blackened in several spots, 8 to 10 minutes. When cool enough to handle, peel and core the tomato. Puree in a food processor or blender until smooth.

3. Heat 2 tablespoons oil in the pan over medium-high heat. Add the green beans and cook, stirring, until browned, 4 to 6 minutes. Transfer to a bowl. Reduce heat to medium. Add the remaining 2 tablespoons oil, onion, ginger and garlic and cook, stirring often, until starting to soften, 2 to 3 minutes. Add water and cook, stirring and adding another tablespoon of water as needed to prevent sticking, until the onion is tender, 4 to 5 minutes. Return the green beans to the pan along with the tomato puree, rosemary, makulaya (or basil and thyme), salt and cumin. Cook, stirring often, until the green beans are tender, 3 to 4 minutes.

SERVES 4: ¾ cup each

CAL 199 / **FAT** 15G (SAT 2G) / **CHOL** 0MG / **CARBS** 16G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 5G / **SODIUM** 153MG / **POTASSIUM** 440MG.

Gomen (Ethiopian-Style Collard Greens)

ACTIVE: 1 hr **TOTAL:** 1 hr

At Café Colucci, these sautéed collards are offered as a vegan main dish, but they make a great side as well. (Photo, page 78.)

- **2 bunches collard greens (1½–1¾ pounds), stemmed and finely chopped**
- **1 cup minced red onion**
- **2 tablespoons water**
- **¼ cup extra-virgin olive oil**
- **2 tablespoons minced fresh garlic**
- **1 medium tomato, very finely chopped (almost pureed)**
- **1 medium jalapeño pepper, sliced**
- **1 tablespoon tikur azmud (*see page 80*), ground, *or* 1 teaspoon each ground cardamom and cumin**
- **¾ teaspoon sea salt**

1. Bring a large pot of water to a boil over high heat. Add collards and cook until soft, about 15 minutes. Drain well in a colander.

2. Add onion and 2 tablespoons water to the pot and cook over medium heat, stirring often, until the onion is translucent, 4 to 5 minutes. Add oil and garlic and cook, stirring, for 1 minute. Add tomato and jalapeño; cook, stirring a few times, for 5 minutes. Stir in the greens, cover and cook, stirring once or twice, for 10 minutes.

3. Reduce heat to medium-low. Stir in tikur azmud (or cardamom and cumin), cover and cook for 3 minutes. Remove from heat. Stir in salt.

SERVES 8: ⅔ cup each

CAL 126 / **FAT** 10G (SAT 1G) / **CHOL** 0MG / **CARBS** 8G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 4G / **SODIUM** 154MG / **POTASSIUM** 247MG

Injera (Ethiopian Flatbread)

ACTIVE: 35 min **TOTAL:** 1 hr 35 min (plus 3 days fermenting time)

TO MAKE AHEAD: Injera will keep for up to 2 days at room temperature or refrigerate for up to 1 week.

Fermentation gives injera an airy, bubbly texture and a slightly sour taste, which is key to the flavor. (Recipe from Ethiopian cooking instructor Aganesh Michael. Photo, page 78.)

- **2 cups teff flour**
- **1 cup barley flour**
- **1 cup corn flour**
- **1 cup self-rising flour**
- **1 teaspoon active dry yeast**
- **6 cups lukewarm water**

1. Combine teff flour, barley flour, corn flour, self-rising flour and yeast in a large bowl. Slowly add water and whisk until no lumps remain. The consistency should be thinner than bread dough but thicker than crêpe batter. Cover and let stand at room temperature for 3 days.

2. Pour off the water that's risen to the top of the batter and reserve. Whisk the batter until smooth. If necessary, add the reserved water, 1 tablespoon at a time, until the batter is thin and pourable, like a slightly thicker crêpe batter. Cover and let stand at room temperature for 1 hour.

3. Heat a large cast-iron skillet over medium heat. Pour ½ cup batter into the pan, tilting and swirling to create a thin layer. The batter should spread easily. (If it's too thick, whisk in 1 tablespoon of the reserved water—do not add tap water.)

4. When small holes start to form in the batter, cover the pan and cook until the edges are dry and lifting up, about 45 seconds. Run a spatula underneath and transfer to a wire rack to cool. Repeat with the remaining batter. (If the injera starts to stick, brush the pan with 2 teaspoons canola oil.) Do not stack the injera until completely cooled. Serve immediately or wrap in plastic until ready to serve.

SERVES 12: 1 injera each

CAL 216 / **FAT** 2G (SAT 0G) / **CHOL** 0MG / **CARBS** 44G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 6G / **SODIUM** 132MG / **POTASSIUM** 86MG.

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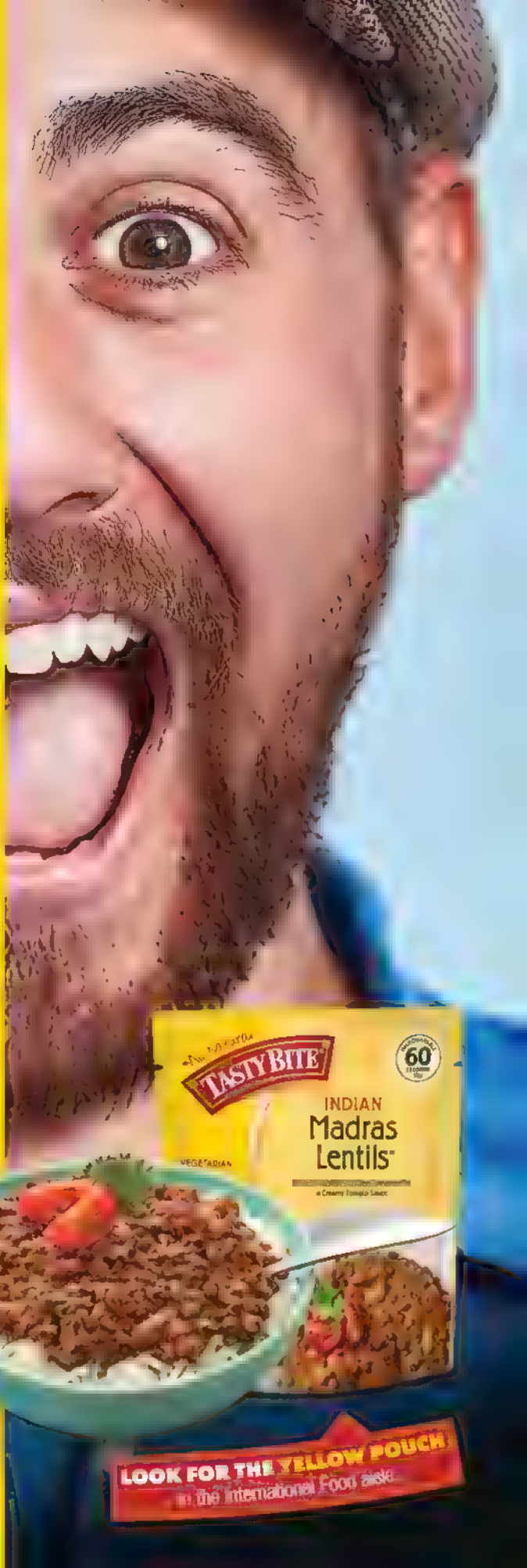

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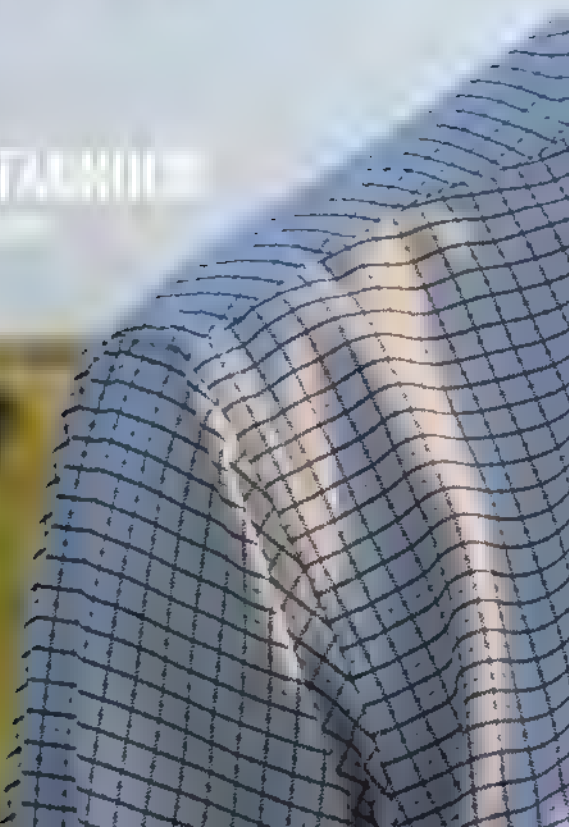
THIS MAN WANTS YOU TO EAT MORE MEAT

For decades, you've been told to consume less meat. But rangeland expert **Allan Savory** is on a mission to upend this wisdom. His controversial method of agriculture has inspired legions of followers who aim to provide you with a better-raised piece of beef, restore the health of the world's soils and ultimately slow climate change. Does he have it right?

BY NANCY ENTALIS



pencer and Abbey Smith could not have picked a less promising year to take over Springs Ranch, an 1,800-acre property in far northeastern California previously run by Spencer's parents. At the best of times, the Surprise Valley, where the ranch is located, is a parched high desert, receiving a meager 16 inches of precipitation a year, virtually all of which falls in the late fall and winter. The young couple, who have a 7-year-old daughter, began managing the ranch in 2014, during the height of California's recent drought. To add to their difficulties, they would somehow have to expand the existing cattle herd to generate enough money to make the ranch profitable.

I visited Springs Ranch three years later. As we took a walk across the land, my reaction was, "Desert? What desert?" Pastures descended in green waves to the shores of Upper Alkali Lake. The jagged, dun-colored peaks of Nevada's Hays Mountains rose majestically from the opposite bank. Spencer, who sported a straw cowboy hat and wore a pearl-buttoned, long-sleeved shirt over jeans and scuffed work boots, pointed to a knoll that was covered in chest-high grass. "That was all bare ground two years ago," he said.

We reached the border between the Smiths' land and their neighbors'. It was obvious where one ranch ended and the other began. Smith's was lush. On the other side of the fence, stands of scraggly, inedible water hemlock predominated. "Some of our neighbors still think we're nuts," Spencer said. "But people are beginning to notice. They can see the fence lines. They can see that we are running more animals."

Savory's farming practices helped Brown's Ranch in Bismarck, North Dakota *(shown here)*, increase its cattle numbers fivefold, while also improving soil health and crop yields.

"SINCE GALILEO, IT HAS BEEN THE FATE OF EVERY SCIENTIST WHO DISCOVERED SOMETHING THAT INVOLVED A MAJOR SHIFT IN SCIENTIFIC BELIEF TO BE SHUNNED OR CONSIDERED INSANE. THANKFULLY, I WAS ALREADY INSANE AND HAD SURVIVED YEARS OF OFFICIAL, EXPERT OPPOSITION."
–ALLAN SAVORY

Despite the historic drought, Springs Ranch was now producing 40 percent more forage than before Spencer and Abbey took charge—allowing them to increase their cattle numbers from 150 to 230, about four times as many per acre as nearby ranches keep on similar land. Costs dropped, too, because they no longer had to buy fertilizer or spend money on tractor fuel (and put in 80 hours of labor) to harrow hardened cow pies into the soil. When we gathered for a cup of coffee in the ranch-house kitchen, Spencer's father, Steve, an older, gruffer version of his son, said, "The land has gotten a hell of a lot better, although I'd never admit it to him." He tipped his head toward Spencer. "There's a lot more biology in the soil. We rely less on the cowboy stuff and more on nature."

The Smiths are among a growing number of farmers who passionately advocate regenerative agriculture, a new method of raising animals made famous by Allan Savory, who has launched a global network of farms employing his techniques. They believe that to farm sustainably is no longer enough. Instead, farmers have a duty to go further, by steadily improving their land with the goal of bringing it closer to what was here before the advent of modern agriculture, a time when lush prairies covered much of the central United States. The grasses provided food for vast herds of bison and other herbivores that, in turn, fertilized the soil—a symbiotic relationship that promoted a hearty regrowth of vegetation, improved nutrient content and allowed the ground to hold more moisture. Regenerative agriculture attempts to mimic these conditions with livestock, such as cattle, sheep and goats.

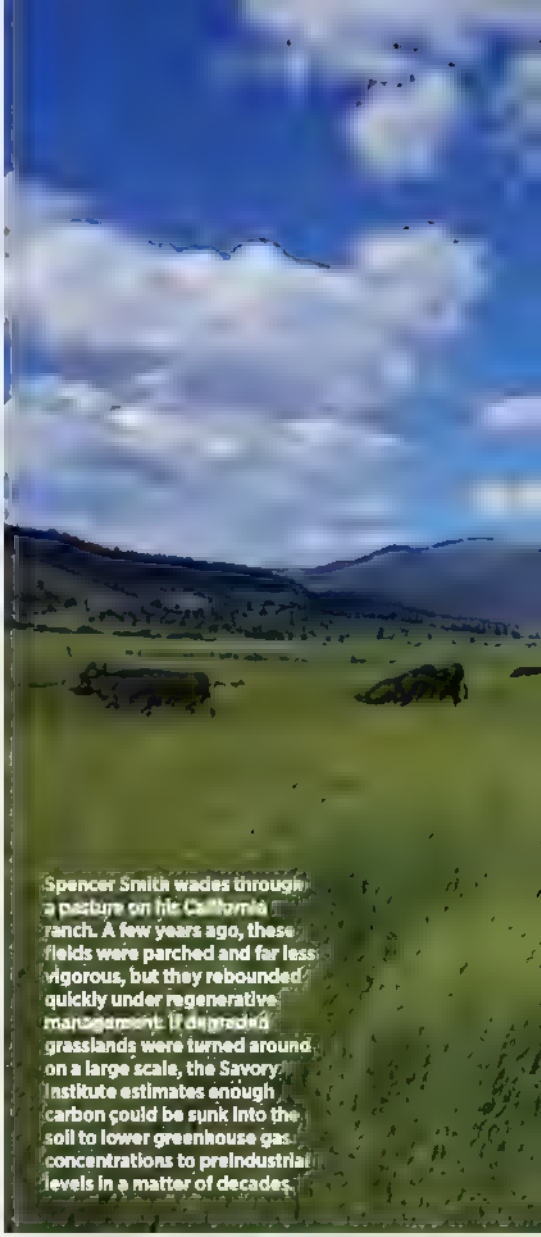
In an era of global warming, Savory and his followers believe this method has a critical role to play that goes beyond putting meat on our plates. Regeneratively managed soil can trap and store vast amounts of carbon that would otherwise remain in the atmosphere as carbon dioxide, a potent greenhouse gas. Exactly how much is still a matter of debate, but one study conducted by the United States Department of Agriculture showed that areas covered by perennial grasses could store more than 20 metric tons of carbon per hectare (about 2.3 acres). Buried carbon is desperately needed to offset the depletion caused by modern, industrial farming techniques, which have caused the world's soils to *lose* between 50 and 70 percent of the carbon they once held. Getting carbon back underground has the potential to slow down, and even reverse, climate change. If advocates of regenerative farming are right, eating meat—the right meat—may be one of the best things you can do for the environment.

This notion, to put it mildly, runs contrary to the message that has been drummed into our heads for over a decade. The United Nations Food and Agriculture Organization and other experts maintain that meat production is a major contributor to global warming; refraining from eating it is one simple way we can all reduce our carbon footprints. But the studies that initially led to that conclusion lump all beef production together. In fact, there are dramatically different ways to produce beef. Virtually all cows spend their early lives eating grasses and other forage on open pasture. But after about a year, most of them—97 percent in the United States—get trucked to large, centralized feedlots where they are fattened with grain (also trucked to the feedlots) before slaughter. This system of finishing cows at feedlots is energy-intensive and produces high carbon emissions. But a small percentage of cattle spend their entire lives grazing on pasture. Advocates say that this method of "grass-fed" beef production has a much lighter environmental footprint. Done regeneratively (using techniques that extend beyond simply being raised on grass), they believe ranching can actually remove more greenhouses gases like carbon and methane than it produces.

THE PIONEER OF REGENERATIVE AGRICULTURE

No one has had more influence on the development of regenerative farming than Allan Savory, the provocative 82-year-old president and founder of the Savory Institute, a Boulder, Colorado, nonprofit that supports the restoration of grasslands across the globe. Savory's career as a rangeland consultant has taken him to every continent except Antarctica. By his own account, he has trained between 10,000 and 15,000 ranchers whose livestock graze on nearly 40 million acres of pasture around the world. He calls his method of regenerative agriculture "holistic management and planned grazing."

Conventional livestock farmers often allow their animals to roam at will over an entire pasture. To prevent overgrazing, range-management experts advise limiting the number of cattle on the land or, alternatively, rotating the animals from paddock to paddock according to an arbitrary timetable. Savory says that both methods are wrong: "We've had about a hundred years of 'range science.' I hate that term because it's not science, it's range *beliefs* that assume scientific proportion. They come up with rotational grazing and other



Spencer Smith wades through a pasture on his California ranch. A few years ago, these fields were parched and far less vigorous, but they rebounded quickly under regenerative management. If degraded grasslands were turned around on a large scale, the Savory Institute estimates enough carbon could be sunk into the soil to lower greenhouse gas concentrations to preindustrial levels in a matter of decades.

approaches on and on endlessly, and those have turned pastures into deserts."

Instead, he says, ruminants (any animal that feeds on grass) should be kept in tight herds in small sections of pasture and moved frequently—as soon as the forage has been lightly clipped but not destroyed. Timing is critical. After being browsed by the animals, the plants draw on nutrients stored in their roots to regrow leaves, and that new foliage provides energy that allows the plants to replenish their root systems. Overgrazing occurs if livestock feed again before this cycle runs its course, which can happen even with traditional rotational practices The root systems weaken, eventually causing the plants to die. In regenerative grazing, animals return to an area only after the vegetation has fully recovered.

This practice has played a crucial role in Spencer and Abbey Smith's success. Under Spencer's father's traditional management, Springs Ranch had been divided into eight pastures. Now, there are 24 on the same acreage and those are divided into smaller sub-pastures. Cows used to spend two to three weeks in each paddock. Today, they spend only a day or two on a patch of land before Spencer and Steve ride out on their horses to move them.

Savory says his theory of livestock management replicates—and aims to restore—an ancient cycle. The original vegetation of the world's grasslands co-evolved with enormous herds of Cape buffalo, elephants, bison and other large grazers. These animals stayed in compact herds to protect themselves against predators and moved often to find grass unsullied by their urine and dung. Because they grazed for only a short time in any area, the forage plants rebounded rapidly, fertilized and watered by the animals' excrement. Their hooves trampled desiccated and inedible plants, thus increasing sunlight and nutrients for "good" vegetation and breaking up hard soil crusts, creating conditions conducive to water infiltration and seed germination. The crushed leaves and stalks from less desirable plants provided natural mulch that retained soil moisture and prevented runoff during rainstorms. The livestock's excrement added nutrients to the soil and further improved its ability to retain water. In turn, better soil produced bigger and thicker grasses that could support more animals. Better soil also harbored more carbon.

On the most rudimentary level, plants are natural pumps that suck carbon out of the atmosphere and bury it safely in the earth—a process called carbon sequestration. Through photosynthesis, plants convert carbon dioxide in the air into carbon compounds that they use as food to grow their leaves and root systems. They also "share" carbon with beneficial fungi living on their roots. These fungi can trap that carbon deep underground—and keep it there—for thousands of years. Soil-dwelling bacteria that draw their energy by consuming methane also thrive in such

AT-A-GLANCE GUIDE TO REGENERATIVE AGRICULTURE

Here's a look at Allan Savory's holistic management method in action.

Tightly packed herds of cattle graze briefly on a small area of land, clipping the grass and forage, without decimating it.

Their hooves break up and aerate the soil, increasing water retainment. Trampled plant litter becomes natural mulch that also helps trap rainwater.

The cows leave behind urine and dung, which enrich the soil and encourage hearty plant regrowth.

Carefully managing how much the animals graze stimulates grass regrowth and helps replenish root systems.

Beneficial microbes that live on the roots of grasses take the carbon that plants produce during photosynthesis and store it deep underground.

Soil organic matter increases, providing more nutrients for the plants, which flourish. Richer soil also allows rainwater to seep in and keep the ground moist, even in very dry areas.

environments, reducing the amount of that greenhouse gas (which is emitted as burps and farts by cattle, a major contributor of methane) in the atmosphere.

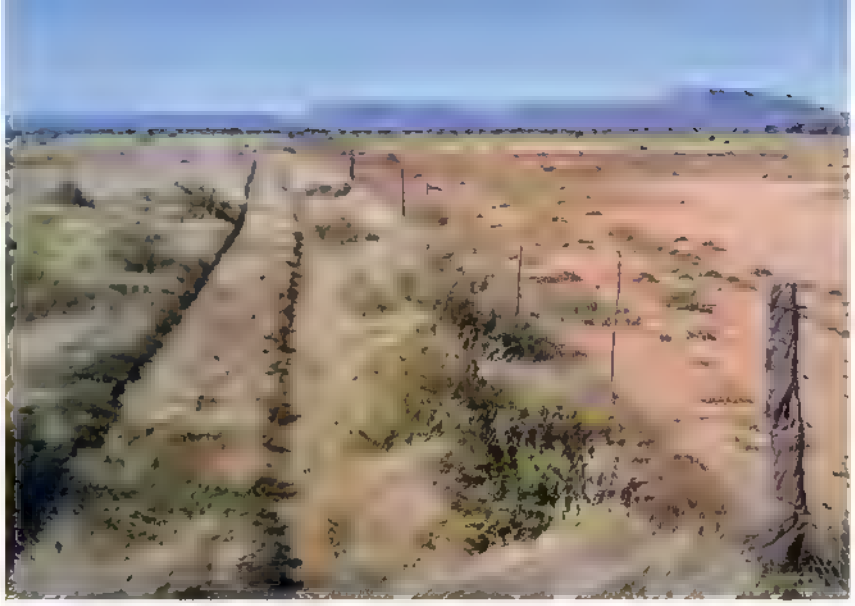
Savory insists that raising livestock is the only practical way to combat environmental destruction and global warming. "Humans have no ability to sequester atmospheric gases in the soils without livestock," he says. "We have only one option if we are serious about climate change. It cannot be done with current technology—nor any technology we can imagine. We have to change the public attitude from vilifying livestock to vilifying the current reductionist livestock-management practices."

THE ROOTS OF A REVOLUTION

A wiry former rancher, soldier, game manager and politician from what was then Rhodesia (now Zimbabwe), Savory is still as agile as an antelope. He favors khaki trousers held aloft with a home-tanned belt, and on occasions that demand footwear, old desert boots. His face, prone to smiling impishly, is weathered, tanned and deeply creased, and thinning white hair pokes out from a worn houndstooth flat cap. He and his wife, Jody Butterfield, divide the year between a comfortable pueblo home near Albuquerque and an off-the-grid thatched hut in Zimbabwe, where he is happy to pad around barefoot. "I don't like houses much. Or shoes," he tells me in a clipped accent that still carries echoes of the British Empire.

I met with him in a room that doubles as his office and den in Albuquerque. One side of the space could be the study of a mildly eccentric Oxford don. Shelves overflow with books, scientific journals, loose papers and a few briar pipes. The other side feels like a museum to Savory's early life. A fireplace is bordered floor to ceiling by two tusks from an elephant mistakenly killed during Savory's time as a wildlife manager. ("I have never shot animals to get trophies," he says.) One wall is dominated by a mounted tiger fish he caught in the Zambezi River, a fierce creature as big as my thigh with a mouthful of fangs that leave no doubt about the derivation of its name. The fireplace mantel is decorated with outmoded shotguns, Bowie knives and a black-and-white photograph of a dark-haired, bearded Captain Savory, reclining against a bamboo screen beside a military rifle.

Savory came to his current views about livestock management after making what he calls "the saddest blunder of my life." After studying botany and zoology at the University of Natal in South Africa, he returned to his native Rhodesia to work as a biologist and game officer in 1956. "He would literally spend months in the bush," says his wife. He loved all of its resident wild animals, but had a special place in his heart for elephants. Nonetheless, with his head still filled with conventional theories about overgrazing being the cause



Savory's transformative methods in action in the bone-dry Karoo region of South Africa: The land on the left side of this fence line started out as bare ground and small desert bushes several decades ago. The neighboring land on the right remained under conventional management over the same period.

of damage to grasslands, he convinced the government to cull 40,000 elephants to bring their population down to a level the land could sustain. But the theory backfired. The deterioration continued and, in fact, sped up. Too late, Savory realized that overgrazing wasn't the problem. But neither he nor anyone else had any idea what was causing the destruction. Determined to find the answer, he began ranching and consulting for other farmers in Africa, developing approaches that over the next decade led to holistic planned grazing.

Savory brought his methods to the United States in 1979, where his business as a rangeland consultant took off. His work is most effective on what he describes as "brittle" landscapes—grasslands that receive little rainfall or go for long periods each year with no precipitation at all. From the savannas of Africa to the plains of the American West, these lands cover more than 40 percent of the Earth's surface, according to United Nations estimates. Largely because of conventional herding practices, more than half of that area is overgrazed, barren, eroded and in danger of becoming desert. In areas where cattle are raised, nearly three-quarters of the land is seriously damaged. So the restorative potential for regenerative agriculture is immense.

And the results, Savory says, are stunning: "If you change the management of the land and begin to manage it holistically, I have yet to see a situation where there isn't measurable change for the good within the first year." In Zimbabwe, on the 7,500 acres at the Savory Institute's African Centre for Holistic Management, test areas showed a 270 percent increase in forage production and a 31 percent decrease in bare desert ground. More prolific pastures caused by adopting Savory's methods allowed the Oasis farm in Botswana to more than double its cattle herd on 45,000 acres from 1,900 head to over 4,000. Areas of badly eroded soil on a 6,000-acre ranch called Estancia Nevada, in Chile, became covered in carbon-sequestering vegetation. At the Rafter F Ranch in New Mexico, perennial grass species increased threefold—even as the number of cows grazing the land tripled. The formerly impermeable soil began to absorb rainfall so effectively that a well that had been dry for 50 years filled with nine feet of water. And at Brown's Ranch in Bismark, North Dakota, soil health improved by leaps and bounds after owner Gabe Brown began managing the land regeneratively. Organic matter and rainwater uptake tripled, "and we can easily handle five times the number of cattle that we used to," says Brown, who also runs sheep and chickens and grows dozens of crops—all without using synthetic fertilizer, pesticides or fungicides. He credits the method for helping the ranch go from racking up debt to turning a healthy profit. "Some pretty striking changes have come about to the landscape."

CLOAKING THE SAVORY APPROACH

On assignments from the USDA in the early '80s, Savory provided training on regenerative practices to more than 2,000 federal employees over a two-year span. But his iconoclastic theories were so counter to the prevailing beliefs that his contract was canceled. "Since Galileo, it has been the fate of every scientist who discovered something that involved a major shift in scientific belief to be shunned or considered insane," he says. "Thankfully, I was already insane and had survived years of official, expert opposition."

David Briske, Ph.D., a professor in the Department of Ecosystem Science and Management at Texas A&M University, is one of those who vehemently oppose Savory's methods. Briske was lead author of a scathing rebuttal to Savory's 2013 TED talk (since viewed on YouTube more than 4 million times). In the article, published in the journal *Rangeland*, he wrote that Savory's claims are "not only unsupported by scientific information, but they are often in direct conflict with it," and argued that desertification—the technical word for once-productive land that is becoming desert—is caused by expanding human and livestock populations. To accommodate this growth, rangeland is being divided into increasingly smaller plots, and in order to make a living, impoverished farmers are forced to put more animals on

COULD ALL U.S. BEEF GO GRASS-FED?

There's more consumer demand for meat and dairy products from pasture-raised animals than ever before. But is it possible for grass-fed to take off on a truly grand scale? We talked to researchers who have crunched the numbers to find out.

Today, nearly all of the cattle slaughtered each year in the U.S. are finished for market in feedlots on a diet of corn and other grains. This system is an efficient way to produce inexpensive meat. By comparison, the small scale of the grass-fed industry (see stats below) means grass-fed beef is much more expensive than conventional, translating to about a 70 percent cost difference. The big question is: If our entire beef production system changed, and all cows were kept on pasture for their entire lives, could the country's appetite for beef be satisfied? Or is grass-fed meat destined to remain a tiny—and pricy—part of the market?

Jason Rowntree, Ph.D., an animal science professor and pasture specialist at Michigan State University, thinks we could shift entirely to grass-fed. "It would be a challenge to produce enough forage," he says. "But I think it's plausible." Drier prairie states, such as Texas, Nebraska, Kansas and Oklahoma, along with California, are by far the largest beef producers in the country. According to Rowntree, these areas could double the number of animals they raise on pasture, and have a lower environmental impact, provided they were managed regeneratively. Even in parts of the country blessed with plenty of rainfall, raising cows on properly managed land would enable farmers to dramatically increase their livestock numbers without taking up more acreage. Rowntree is a case in point: after five years of holistically managing his experimental Michigan farm, his cattle herd has increased by a third.

Of the more than 30 million cattle brought to market each year, 97% are conventionally raised. **Less than 1% are 100% grass-fed.**

Calculations by Allen Williams, Ph.D., of the Grassfed Exchange, a nonprofit organization of regenerative farmers, show that if the nearly 18 million acres of land in the United States currently used to grow corn and other grains that are fed to cattle were converted to pasture, it would allow for another 33 million cows, a number greater than current feedlot production. There are also 15 to 20 million acres of unused pastureland in the country. All told, Williams says there would be more than enough land to regeneratively produce the amount of beef we do today.

Other scenarios have grass-fed cattle and crops co-existing. Rowntree says he doesn't foresee farmers in corn-belt states like Iowa abandoning row crops in favor of cattle. But he notes that, historically, cattle were raised in these areas along with corn and soybeans. The animals' manure fertilized the crops, and their meat provided extra income for the farmers. That system could be recreated.

Some experts are less optimistic about our ability to completely replace conventional cattle with grass-fed—or don't even think we should try. Diet and environment researchers like Miriam Nelson, Ph.D., director of the University of New Hampshire's Sustainability Institute, point out that the amount of beef we produce in the U.S. is unsustainably outsized to begin with (at nearly 13 million tons of beef annually, it's enough to supply every American with 3.5 ounces a day), and far surpasses our dietary needs. She says we need to consume less meat because of its negative health and environmental consequences.

Scientists may see the issue through different lenses, but one thing is clear: grass-fed has the potential to scale up exponentially, if not completely replace the amount of beef we currently get from conventionally raised livestock. That would, in turn, drive costs way down—by some estimates, on par with the current per-pound prices of feedlot meat.

their farms than the land can support.

According to Briske, rangelands are also poor at retaining carbon and could never absorb enough to seriously offset global warming. A recent report by the Food Climate Research Network at the University of Oxford found that while grazing animals do have the potential to help with carbon sequestration, they only offset between 20 to 60 percent of the greenhouse gas emissions that the grass-fed system produces. "There may be lots of benefits of grass-fed over industrial production, but there's this idea that animals nibble away and magically all of that carbon gets sequestered," says Tara Garnett, Ph.D., one of the lead study authors. "We found that there is a mechanism through which grazing management could potentially lead to sequestration of carbon, but there are so many pitfalls and caveats. In areas where land is degraded, for example, the soil is like a thirsty sponge—and in those types of circumstances you might get a benefit." But already-healthy soil, she adds, doesn't have the capacity to store much more carbon before it reaches a saturation point.

There is, however, other research that confirms Savory's theories. Jay Martin, Ph.D., a professor of agricultural and biological engineering at Ohio State University, and a team of scientists compared 18 conventional ranches and seven regeneratively managed cattle operations in Chiapas, a state in southern Mexico that receives very little rainfall for much of the year. They found that regenerative farms could accommodate more cattle per acre, had lower cow and calf mortality, purchased less feed and used less herbicides than their conventional neighbors. The researchers also noted that topsoil on regeneratively managed land was deeper, more aerated and densely covered with plants.

In southeastern Idaho, scientists studied the water-holding ability of soils in regeneratively managed pastures versus those where ranchers used traditional techniques and land where no grazing occurred at all. The moisture content of the soil on regeneratively managed ranches was highest. Indeed, University of Illinois researchers estimate that a 1 percent increase in soil's organic matter (the microbes and other matter that contribute to soil fertility) can allow an acre of land to hold 20,000 more gallons of water.

Studying three grazing areas in northern Texas, Richard Teague, Ph.D., a range ecologist at Texas A&M University, found that the soil on the ones managed regeneratively had the greatest water- and nutrient-retaining abilities, as well as the highest concentrations of sequestered carbon. Other research has shown the ability of regeneratively tended land to trap greenhouse gases. A study in the journal *Rangeland Ecology & Management* found that holistic farming was able to sequester 106 grams of carbon per square meter annually. Other pasture-management approaches *released* around 200 grams. Project Drawdown, a nonprofit coalition of scientists, policy-makers and business leaders aimed at identifying solutions to climate change, believes the potential for carbon sequestration is so great that it ranks farming methods like Savory's ninth on their list of the 80 most effective things that can be done to counteract methane emissions and sequester carbon—above crop-only regenerative practices where no livestock are involved. They call it a "climatic win-win."

As for why there is disagreement among scientists, Teague suggests studies disputing Savory's methods don't

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IS GRASS-FED BETTER FOR YOU?

Research suggests yes. But there's a caveat.

Nutrients in Grass-Fed Beef vs. Conventional
In 2016, researchers from Newcastle University in England published a massive review that analyzed 263 scientific studies from around the world. They concluded that animals that spend their entire lives on pasture produced meat and milk with healthier fat profiles and greater concentrations of important nutrients than meat and milk from conventional grain-fed livestock. Milk from grass-fed cows, for example, had 58 percent more omega-3 fats—the kind that promote heart health and boost brain and immune function—and the same held true for dairy products made from grass-fed milk. In grass-fed beef, omega-3 levels were nearly 50 percent higher than in conventional beef. The researchers also found that compared to cows finished on grain, the milk and meat from grass-fed livestock had significantly higher levels of vitamin E and conjugated linoleic acid (CLA), a type of fatty acid that studies show can help prevent obesity, cancer, high blood pressure and heart disease.

Beef vs. Other Proteins That said, grass-fed is still not nearly as omega-3-rich as other types of protein, like salmon. According to a University of California, Berkeley, report, an adult woman would have to eat more than three pounds of grass-fed beef to get the amount in a single 3.5-ounce piece of salmon (around 2 grams, nearly twice the daily quota for women). "The levels of omega-3s in meat and dairy, whether grass-fed or not, are simply not high enough to have a significant effect on health," says Alice H. Lichtenstein, D.Sc., a nutrition professor at Tufts University in Boston and *EatingWell* advisory board member. "And all beef is high in saturated fats relative to most other protein sources." So while grass-fed may be the better beef pick, there are plenty of even healthier protein choices.

accurately replicate conditions on actual ranches. Such research is often too short-term to allow grasses to regrow and is conducted on tiny experimental plots of land rather than working farms. Ultimately, he says, they don't take into account the most important feature of range management: the human element and the skill and attention to detail—knowing the right moment to move your animals, for example—that successful farmers bring to the equation.

Savory has a less diplomatic view of his critics. "Many have ridiculed my work," he says. "But ridicule is not a sound argument. If you read those negative papers, you'll see that not a single one makes any attempt to study exactly what I'm saying. What I'm doing is outside their knowledge, their training, their everything. That's the *kind* explanation."

In an attempt to sort out the confusion caused by the conflicting arguments, I found myself driving four hours through the desert north of Reno, Nevada, last spring to visit Springs Ranch in California and the Smiths—to see what regenerative agriculture looked like in practice. Although the ranch covers more than three square miles, the cattle were packed so densely in the center of one small field that, from a distance, they looked like a solid black island on an ocean of green. Abbey noticed me staring across the mesmerizing landscape and admonished me good-naturedly, "You should look down at, not out over, the fields."

"Yeah," said Spencer, "I spend a lot of time with my face down on the ground and my ass in the air." He assumed that position and invited me to do the same. "The thing about the holistic view is that you see the world in a different way," he said.

I'd certainly never viewed a cow pasture from that vantage point. At close range, the grass looked to me like, well, thick grass. But Spencer pointed out and reeled off names of individual plants: yarrow, clover, bluegrass, timothy, meadow foxtail, wheatgrass, orchard grass—all in an area no bigger than a kitchen table. "Diversity is key," he said. "It means more bacteria and fungi, which yield more nutrient-dense forage, which means greater weight gain for our animals." The ground was covered with a thatch of dead vegetation. "Stick your hand under it," he said. I did. The earth was moist and noticeably cooler than the air. He dug up a handful of soil. It looked like jet-black cottage cheese. "See all those worm holes, and litter, and roots," he said, explaining that they were all signs of healthy, carbon-rich soil.

The Smiths are now actively educating other ranchers in their region about the benefits of regenerative agriculture. Abbey works remotely for the Savory Institute, and their ranch has become what the organization calls a "hub," a demonstration farm and learning center.

Although Savory himself has stepped away from day-to-day operations of the institute that bears his name, he says that one of his proudest accomplishments is the enthusiastic younger team that will carry on his work. The plan is for the Savory Institute to shift into consulting and education. To that end, more than 30 hubs have been established in a few dozen countries, and the institute is on track to have 100 hubs in 32 countries by 2025. "We need something to bring about rapid change," says Savory. "If we wait too long, we're screwed. It's the coming generation that I worry about."

Several years ago, in a conversation with Savory, James Teer, Ph.D., the late distinguished professor of wildlife and fisheries sciences at Texas A&M, offered an assessment of Savory's life work that no one would dispute: "Allan, either you are wrong and we will not be able to dig a hole deep enough to bury you in, or you are right and we will not be able to build a monument high enough."

Savory gives the impression that he couldn't care less, either way. Success stories like the one unfolding on Springs Ranch being repeated on farms across the world are validation enough.

BARRY ESTABROOK *is a three-time James Beard Award–winning journalist. A fully updated edition of his 2011 book,* Tomatoland, *will be released this spring.*

SOURCING BETTER BEEF

Some grass-fed animals are raised using regenerative practices. Some aren't. Here's what the labels you might see mean:

USDA Process Verified The USDA no longer sets standards for grass-fed beef—leaving it up to individual producers to define their own terms, which can vary greatly. (Some experts have dubbed it "a Wild West situation where anything goes.") USDA also allows partial grass-fed claims—such as "80 percent grass-fed" or "50 percent grass-fed," that can be misleading, because all conventional cattle are raised this way. And they don't have a third-party verification process.

American Grassfed Association, Food Alliance Grassfed These seals indicate that the beef comes from animals raised 100 percent on grass and forage (or hay, during winter months) on pasture. They do have a verification process.

PCO Certified 100% Grassfed, Animal Welfare Approved Grassfed If you spot one of these icons on the label it means that not only is the meat from 100 percent grass-fed cattle (according to the strict standards above), it also certifies that it comes from a regeneratively run farm. Aside from this, the only other way to know if the meat you're buying was regeneratively raised is to check with the individual producer. **Or find it online from White Oak Pastures *(whiteoakpastures.com)* and Brown's Ranch *(nourishedbynature.us)*.**

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CLEAR COUNTERS
Women ate more cookies in a cluttered kitchen than in a tidy one, per a Cornell study. Take inventory of your appliances and utensils and leave out only those you use daily.

POST YOUR PLAN
Turn any surface (like this sliding barn door) into a chalkboard with chalkboard paint. Then write your weekly meal plan on it (find ideas at *EatingWell.com/mealplans*). In a French study, meal-planning women were less likely to be overweight or obese.

BRING IN BLOOMS
Brighten your room—and outlook—with a vase of buds. A Rutgers University study found flowers have a positive effect on mood, lowering feelings of depression and anxiety and elevating enjoyment and satisfaction.

PUT FRUIT ON DISPLAY
In a study of over 200 American kitchens, women with a fruit bowl on their counters weighed about 13 pounds less than those without fruit bowls.

Health by Design

Match your kitchen layout to your New Year's resolution

By Lucy M. Casale

ANTHONY MASTERSON PHOTOGRAPHY

By JULIA CLANCY

Meet the Air Fryer

This mini convection oven promises to match the taste and texture of our favorite deep-fried foods—minus the vat of fat

If this countertop kitchen appliance sounds like a lot of hot air, it is technically *very* hot air. An air fryer uses superheated airflow above and around your food to convert tiny amounts of moisture into mist. This extra-hot chamber lets dry heat penetrate the food from the outside in, yielding that familiar crispy texture you get with a deep fryer. Most brands don't need oil to work, though a couple teaspoons of oil will help the texture and flavor of air-fried eats.

These appliances are especially perfect for your fry-loving college kid or singles and couples who don't have a great oven.

We put five machines through their paces and two came out on top. Both Gourmia and Philips air fryers cooked golden fries (fresh and frozen) and a pound of cornmeal-crusted chicken drumsticks to our ideal level of crispness. They also cooked these foods as well as a standard oven, but in just half the time. And throughout our testing process, we discovered air fryers aren't just one-trick ponies. You can use them to roast or bake without turning on your oven. Both brands surprised us by cooking an 8-ounce fillet of salmon perfectly.

If you're looking for a low-fuss cooking device that (a) keeps things crispy with less fat, (b) cooks food fast and (c) lets you leave your oven off, an air fryer is for you.

Gourmia GAF520 Electric Air Fryer ($140) Lightweight and sleek, the Gourmia provided the best, most consistent texture and flavor in the least amount of time. A digital touch screen with various presets for frozen foods to baked goods keeps cooking times and temps easy to read.

Philips Viva Collection Air Fryer ($200) The first air fryer to hit the market, the Philips was our winner in the homemade french fry category. It also has a larger capacity than the other brands we tested. Another bonus: the basket and removable base are dishwasher-safe.

PHOTO: DYLAN GREEN

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By JULIA WESTBROOK

Pancake Mixes That Really Stack Up

Warm up a winter weekend with a healthy flapjack mix that tastes great too

Go for Whole Grains

Protect yourself against heart disease, type 2 diabetes, cancer and weight gain—all before lunch? Yes, please! Opt for a whole-grain mix over refined. But don't just pick up any box claiming whole grains on the front. Look for the word "whole" in the ingredient list and make sure it's listed first. Another clue: if fiber is very low (0-1 gram), the product is probably not whole-grain.

Added Sugar is OK (within Reason)

A little bit of sugar can help balance out the natural bitterness of whole grains. But if you're also adding syrup to your stack, finding the line between lightly sweetened and dessert is tricky. Considering the American Heart Association's added-sugars cap of 25 grams for women a day (36 grams for men), limiting your pancakes to 5 grams per serving lets you have your syrup too. Just keep in mind: 1 tablespoon of maple syrup adds 12 grams of sugar.

Forgo the Flavored Mixes

Blueberry, chocolate chip, pumpkin spice—as tempting as these flavors sound, they usually aren't the healthiest options. They're rarely made with whole grains and can be seriously higher in sugar—we found several with 11 grams of sugar per serving. A better bet is to pick a standard mix and add your own mix-ins or toppings.

NUMBERS TO LOOK FOR

1 SERVING, ABOUT THREE 4-INCH PANCAKES

Calories: ≤350
Sodium: ≤480 mg
Fiber: ≥3 g
Sugar: ≤5 g

BRANDS WE LOVE

Our Test Kitchen analyzed [illegible] and tasted [illegible] flipped f[illegible]

Bob's Red Mill 7 Grain Pancake & Waffle Whole Grain Mix

The fluffy flapjacks that result from this mix wow our Editor-in-Chief. "They taste better than any other whole-grain mix out there," she says.

Maple Grove Farms of Vermont Whole Wheat Blend If you enjoy a hearty grain taste, this one's for you. We love that the whole-wheat flavor is well balanced with just the right amount of sweetness.

Hodgson Mill Whole Wheat Buttermilk

This mix is made with whole-grain cornmeal, making it reminiscent of a johnnycake or corn muffin, both in its nutty taste and toothsome texture.

Kodiak Cakes Power Cakes (Protein Packed Buttermilk)

Whole grains *and* protein for breakfast? Talk about a meal that'll stick with you. This mix has a pillowy rise and classic flavor—no weird added-protein aftertaste here!

Pamela's Protein Pancake Mix (Gluten-Free, Sprouted)

Finding a gluten-free pancake that's whole-grain is hard enough. But this one is delicious too. It has impressive height without being dense or gummy.

DYLAN GREEN

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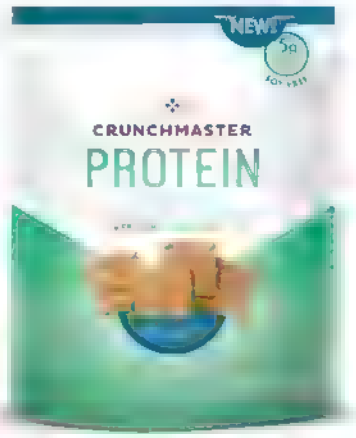

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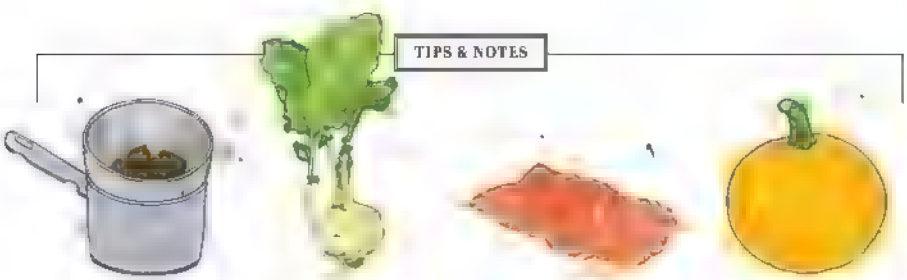
❶ *Trim the root end and 1 inch off the leek greens.* ❷ *Cut 2 inches off of the white end; halve it and cut lengthwise into thin strips* ❸ *Cut the remaining light and dark green portions in half lengthwise.* ❹ *Rinse well to clean between layers without pulling them apart. Pat dry*

TIPS & NOTES



To improvise a **double boiler** *(p. 12)* bring 2 inches of water to a simmer in a large saucepan. Then set a medium or large metal bowl over the simmering water. Allow at least 1 inch of space between the water and the bottom of the bowl.

Kohlrabi *(p. 26)* is part of the brassica family—like cabbage and cauliflower—with a flavor similar to broccoli stems. To prepare, peel the thick skin with a paring knife. If the leaves are attached, cook and eat as you would kale or collard greens.

Most **salmon**—wild and now some farmed—is considered a sustainable choice *(p. 15)*. For farmed ask for fish that is raised in land- or tank-based systems. For more information about sustainable seafood, go to *seafoodwatch.org*

Not to be confused with those used for jack-o'-lanterns, **pie pumpkins** (also known as sugar pumpkins; *p. 70*) have a sweet flavor and smooth texture when cooked and pureed. Look for ones between 4 and 8 pounds.

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Coconut Curry Cashew Popcorn, p.32

PG.		45 MIN OR LESS	CALORIES	CARBS (g)	ADDED SUGARS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	POTASSIUM (mg)	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B12 (%)	VITAMIN C (%)
	BREAKFAST																			
14	Apple & Smoked Gouda Sweet Potato Toast	●	119	14	2	4	2	436	233	●		●		●				167		
14	Chocolate & Banana Sweet Potato Toast	●	179	31	9	2	4	23	431	●		●		●				164		20
15	Radish & Goat Cheese Sweet Potato Toast	●	79	9	0	4	2	86	240	●	●	●		●				169		
15	Raspberry & Cream Cheese Sweet Potato Toast	●	135	14	3	4	2	87	275	●		●		●				167		
24	Smoked Salmon Scrambled Eggs	●	205	2	0	19	0	404	240	●		●							30	
14	Spinach & Egg Sweet Potato Toast	●	124	11	0	9	3	190	555	●	●	●		●		29		295		27
15	Tuna & Avocado Sweet Potato Toast	●	146	15	0	5	5	110	511	●	●	●						193		24
	SNACKS																			
32	Coconut Curry Cashew Popcorn	●	250	24	0	5	4	301	211	●			●	●						
24	Edamame with Aleppo Pepper	●	101	9	0	8	4	30	4	●	●	●	●	●						
32	Raspberry-Kefir Power Smoothie	●	249	41	0	8	8	73	662	●	●	●		●						44
32	Smoked Tofu & Vegetable Sushi Roll	●	144	8	0	7	4	146	374	●	●	●	●	●						41
	SIDES																			
22	Avocado Fries with Sriracha Aioli		221	14	0	3	4	280	261					●						
82	Fossolia (Ethiopian-Style Green Beans)		199	16	0	3	5	153	440	●	●	●	●	●				21		38
82	Gomen (Ethiopian-Style Collard Greens)	●	126	8	0	3	4	154	247	●	●	●	●	●		23		69		52
82	Injera (Ethiopian Flatbread)		216	44	0	6	6	132	86		●		●	●						
82	Kinche (Cracked Wheat)	●	139	17	0	3	3	75	90			●		●						
22	Maple-Chili Roasted Butternut Squash	●	161	28	6	2	6	323	530	●		●		●				273		36
20	Roasted Escarole with Almond Breadcrumbs	●	225	9	0	5	6	320	538	●			●	●		48		56		20
20	Spaghetti Squash with Dukkah		197	17	0	4	4	139	362	●	●	●	●	●						
	SOUPS																			
72	Matzo Ball Soup with Fresh Dill		278	15	0	25	3	490	416			●						86		
72	New Mexico Green Chile & Pork Stew		380	16	0	28	2	570	614	●		●								60
71	Roasted Cauliflower Soup with Parsley-Chive Swirl		329	16	0	4	4	482	621	●		●	●	●		34		35		166
70	Roasted Pumpkin Soup with Glazed Pepitas		194	19	3	4	2	475	649	●		●	●	●				297		31
74	Six-Onion Soup with Parmesan Croutes		366	51	1	12	8	667	880			●				29		27		63
73	Winter Vegetable Soup with Turkish Meatballs		299	28	0	17	6	487	814								22	102	21	28
	VEGETARIAN MAIN DISHES																			
26	Beet Mac & Cheese	●	531	65	0	25	9	643	617			●		●	25	34	26			
26	Butternut Squash Mac & Cheese	●	528	66	0	26	8	746	642			●		●	51	21	21	163	21	28
63	Cauliflower Steaks with Parmesan Cauliflower Rice & Romesco		259	14	0	6	4	396	574	●		●		●		25				132
66	Farro, Kale & Squash Salad		372	31	0	8	6	450	436			●		●				233		76
26	Mac & Cheese with Broccoli Rabe	●	530	61	0	27	7	729	452			●		●	59	23	23	36	20	
26	Mac & Cheese with Peas	●	536	67	0	28	9	731	437			●		●	39	24	23	44	20	
81	Messer Wot (Spiced Lentils)		239	29	0	9	5	309	348	●		●	●				24			
36	Nacho Pizza with Masa Crust	●	298	35	0	12	8	455	491	●		●		●				46		
66	Roasted Carrot Tart with Carrot Green Pesto		374	27	0	6	3	342	315			●		●				236		
62	Use-All-the-Broccoli Stir-Fry	●	252	24	1	11	9	590	1066	●		●	●	●		54		102		498
	CHICKEN & BEEF																			
67	Chicken & Collard Green Spring Rolls		325	22	1	25	4	768	533	●		●				25	22	118		25
18	Cranberry-Balsamic Chicken Thighs	●	317	16	9	23	1	364	219	●		●								
81	Doro Alicha (Chicken with Onions & Spiced Butter Sauce)		483	20	0	36	3	454	634	●										22
26	Mac & Cheese with Kohlrabi	●	532	61	0	25	8	805	521			●			45				21	44
24	Sesame-Spinach Stuffed Flank Steak	●	264	5	0	27	3	419	564	●		●				29		168	26	
30	Spinach, Asian Pear & Chicken Salad	●	285	11	0	22	5	499	737	●	●	●				39		136		44
24	Zucchini Noodle Salad with Chicken	●	329	16	2	24	5	720	1027	●		●						34		90
	FISH																			
65	Coriander-Crusted Cod with Leeks Two Ways		338	12	0	20	2	446	452	●	●	●						26	38	
16	Salmon with Fennel & Sun-Dried Tomato Couscous	●	543	46	0	38	8	441	1,161		●	●						31	102	39
	DESSERTS																			
24	Banana Sundae	●	108	21	1	4	1	42	281	●	●	●		●						
34	Brûléed Oranges with Cardamom Syrup	●	164	28	8	3	4	1	346	●	●	●		●						136
12	Chocolate-Peanut Butter Truffles		151	15	9	3	3	17	21	●		●		●						

For more info on our nutritional analyses: eatingwell.com/go/guidelines

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By NAOMI TOMKY

United over Food

Amanda Saab is fighting prejudice one dinner at a time

THE SITUATION "I never thought of that. #MasterChef as a terrorist training ground..." This tweet was typical of the hate messages Amanda Saab encountered regularly while competing on Fox's *MasterChef* in 2015. She was the first Muslim to sport the traditional headscarf on an American primetime cooking show. While Saab was the target of some downright nasty social media comments, she also knew that being a hijab-wearing Muslim woman doing what she loves showed that she was just like any other contestant. The social worker and food blogger knew she could tap into that to help combat Islamophobia.

WHAT SHE DID Saab took to Facebook, inviting friends and strangers to come together over a meal and ask her anything they wanted about life as a Muslim—and nearly 200 people responded. "Dinner with Your Muslim Neighbor" was born. Saab cooked up a mix of foods from her Lebanese heritage—tabbouleh and hummus—along with salmon and banana nut cake with maple frosting. Then 16 people, from different religions, parts of town and backgrounds, gathered in her home. Saab, who's recently moved with her family to the Detroit area, has since hosted more than a dozen events across the country.

WHY IT'S COOL At one dinner, a Lutheran pastor, a Jewish community member and Saab wound up exploring the many similarities among their three religions. Sometimes, just inviting people into her house turns on the lightbulb: "Oh wow," said one guest, "your home is so normal." She's inspired others to host their own dinners too. To help them, Saab is creating a toolkit that includes an invitation template and conversation prompts. "Bringing neighbors together over a meal is a lost art," says Saab, but it's one she's determined to revive.

Learn more about Amanda and her dinners at AmandasPlate.com & MuslimNeighbor.com

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